The ONLY official Spice Girls magazine

SPICE

Issue 7

£2.95
Can $8.95. Aus $8.95

WRITTEN BY THE SPICE GIRLS!!!

WE'RE HOME!

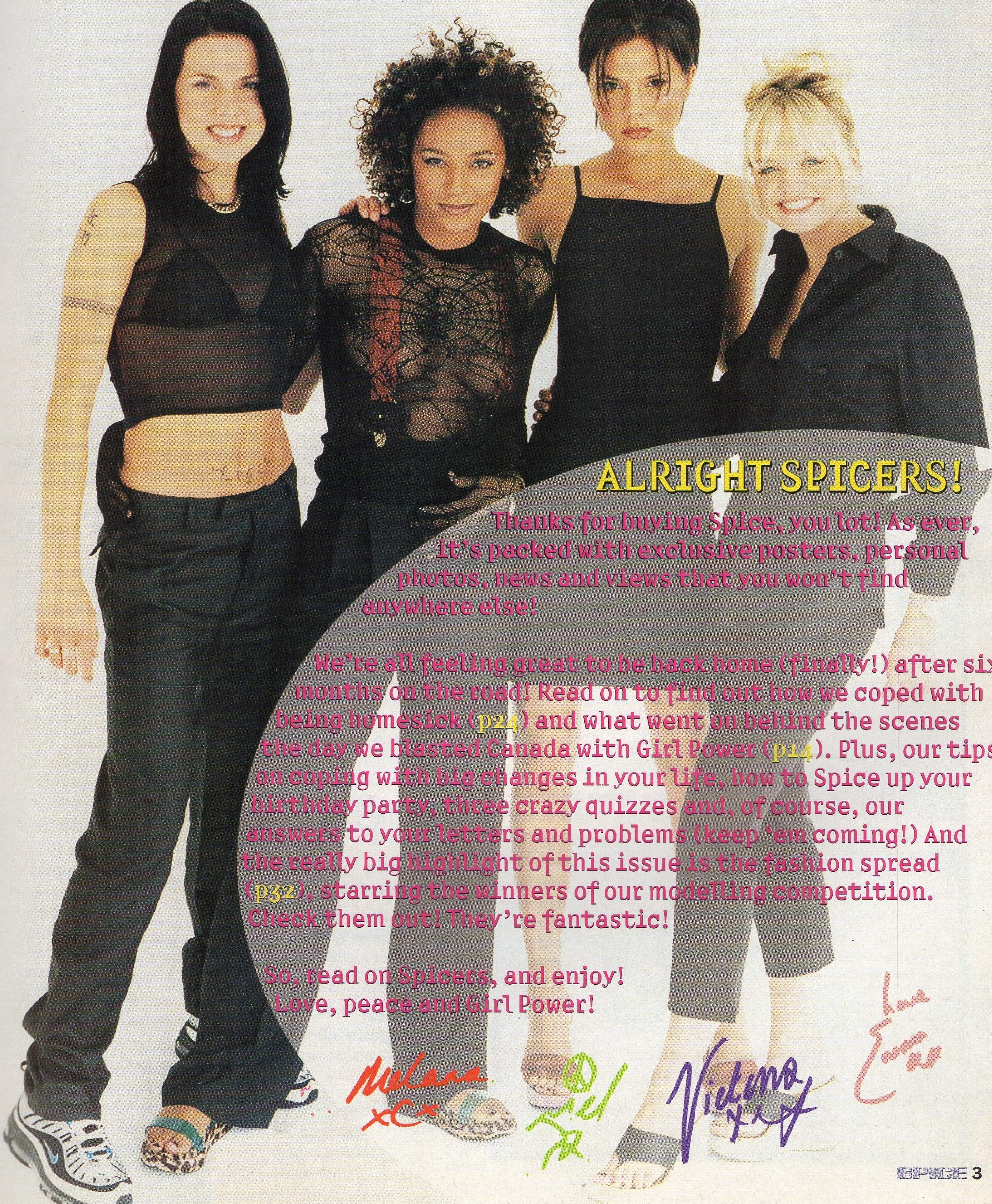
COMPETITION! DESIGN OUR XMAS SINGLE COVER!!!

INSIDE! CALLING DR. EMMA ★ SCARY & MISSY
BRUCE WILLIS GETS SPORTY ★ IN POSH'S BEDROOM
SPICE PARTIES PLUS EXCLUSIVE POSTERS,
PHOTOS, NEWS, VIEWS, LOOS AND TATTOOS!

GIANT POSTERS!

do not underestimate the
GIRL POWER
of PlayStation
PlayStation
PlayStation
"" and "PlayStation" are registered trademarks of Sony Computer Entertainment Inc. Sony Computer Entertainment is a trademark of Sony Corporation. Published by Sony Computer Entertainment Europe. RRP £19.99.
www.playstation-europe.com

WElcome to SPiCEWORlD

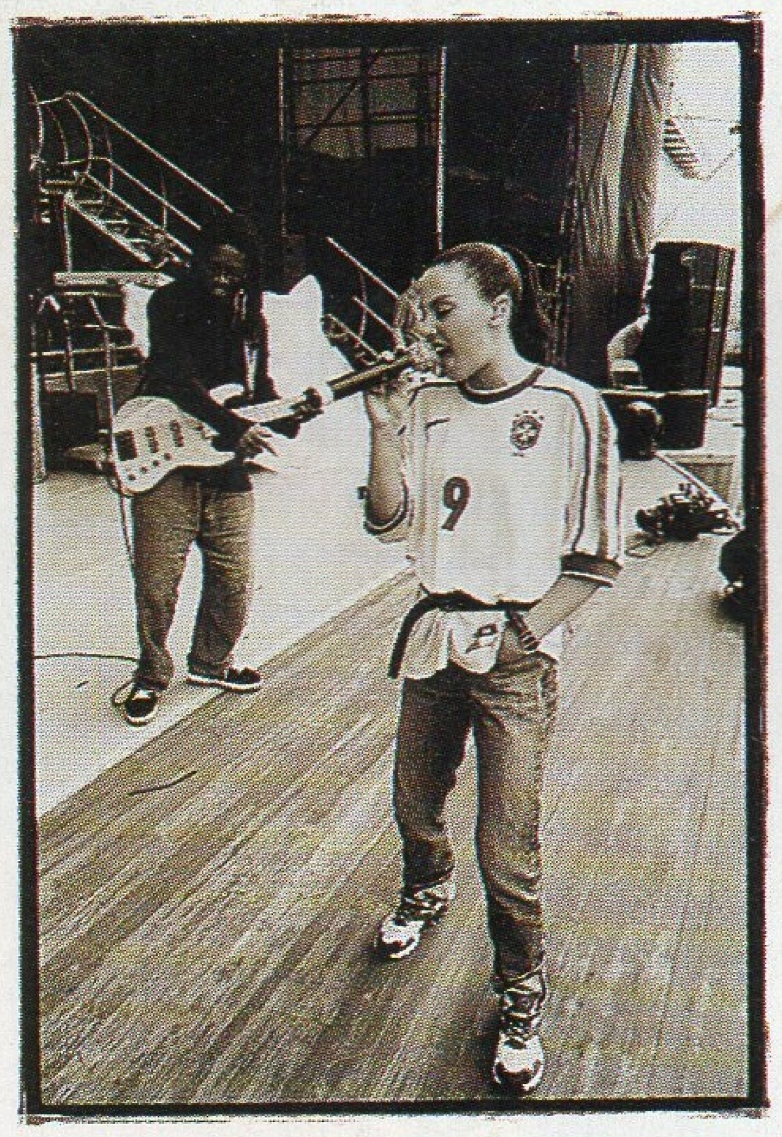


ALRIGHT SPICERS!

Thanks for buying Spice, you lot! As ever, it's packed with exclusive posters, personal photos, news and views that you won't find anywhere else!

We're all feeling great to be back home (finally!) after six months on the road! Read on to find out how we coped with being homesick (p24) and what went on behind the scenes the day we blasted Canada with Girl Power (p14). Plus, our tips on coping with big changes in your life, how to Spice up your birthday party, three crazy quizzes and, of course, our answers to your letters and problems (keep 'em coming!) And the really big highlight of this issue is the fashion spread (p32), starring the winners of our modelling competition. Check them out! They're fantastic!

So, read on Spicers, and enjoy!
Love, peace and Girl Power!



6 Spice News
The Xmas single, the album, the next generation...

9 Girl Power in the News
Sisters in the headlines.

10 All Change
Don't be afraid to move on...

14 Behind the Scenes
Going live on Canadian TV.

20 Emma
Have you heard of reflexology?

22 Baby Spice Party!
Celebrate with Emma.

24 Homesick Blues
I miss my mum!

26 Starspotting with Mel C
Living it up Stateside!

28 Hair care bunch
How we look after our locks.

30 Temper temper!
Are you fiery or sulky?

32 Fashion – Wannabes
The winners of our model competition strut their stuff!

38 Competition
Design our Xmas single cover.

40 Victoria
My favourite shoe show!

42 Victoria's Princess Party
How to have a posh bash.

45 Posters

54 Cartoon
Something fishy in Spiceworld!

58 Mel C
Meets world-saver Bruce Willis!

CONTENTS

WRITTEN AND EDITED BY
The Spice Girls and Rebecca Cripps

PHOTOGRAPHER
Dean Freeman

ART DIRECTOR
Angela Lamb

ART EDITOR
Marcus Ludewig

DEPUTY EDITOR
Kate Cornish

MANAGING EDITOR
Joe Gardiner

EDITORIAL ASSISTANT
Alison Poole

PRODUCTION MANAGER
Jo Mead

ADVERTISING PRODUCTION MANAGER
Sarah Whalley

PUBLISHER
Duncan Milne

MANAGING DIRECTOR, JBCP
Andrew Hirsch

SPICE is published quarterly on behalf of the Spice Girls and Octopus Direct Ltd by John Brown Contract Publishing Ltd, The New Boathouse, 136-142 Bramley Road, London W10 6SR.

All pictures (except where stated) © 1998 The Spice Girls. All rights reserved. Reproduction in whole or part in any form is strictly prohibited.

Origination by Westside Digital Media. Printed in the UK by Cradley Print. Distributed in the UK by Comag, Tavistock Road, West Drayton Middlesex UB7 7QE. Subscription enquiries, call 0181 540 0313 or fax 0181 540 0113.

John Brown Publishing

62 Super Fit Sporty Party!
How to score with your party friends.

64 Meet the Band
Our musicians tell all!

66 Mel B
The making of 'I Want You Back'.

70 Hairy Scary Fright Night Party
Mel B's spooky party tips.

72 TV Times
Tales from the United States of Television.

76 Competition Winners
Was it you?

78 Women Come First
Meet the girl power pioneers.

82 Silly Spice Quiz
Find out what biscuit we'd like to be...

84 Giveaways
Beauty stuff... for FREE!

86 Ouch!
Our injuries and allergies.

88 Come and have a go...
The pick of your letters and pictures.

90 Get sorted
Got a problem? We'll sort it out.

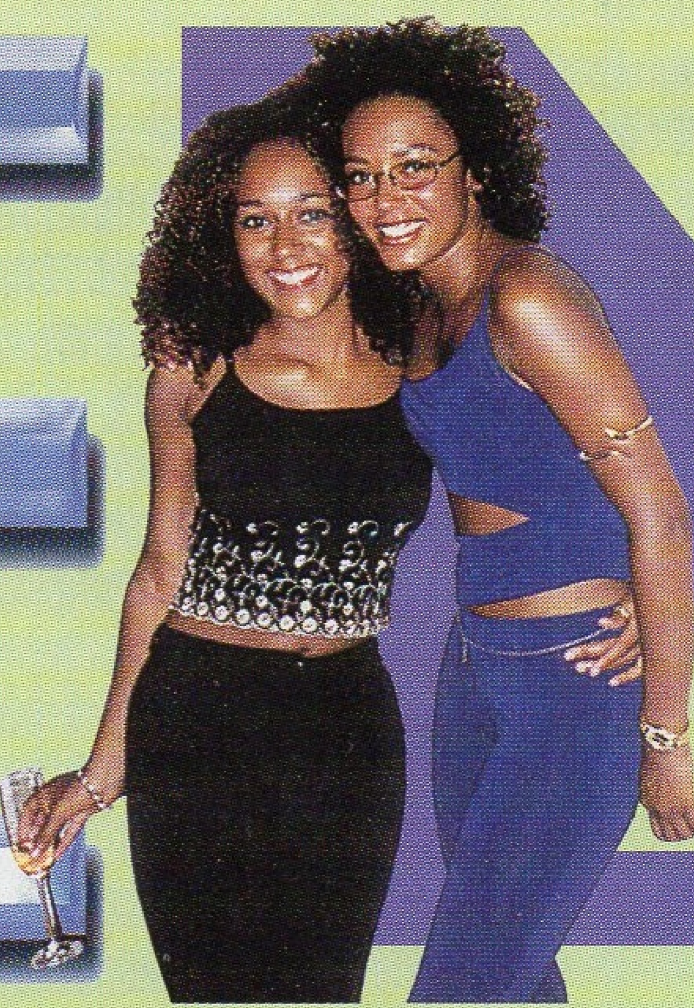
92 Quizzes
Sporty sorts and American girls!

96 Starscope
Galactic Glenda tells how it is.

97 Doodles
We draw our dream car.

98 We ask the questions!
Michael Barrymore reveals all!

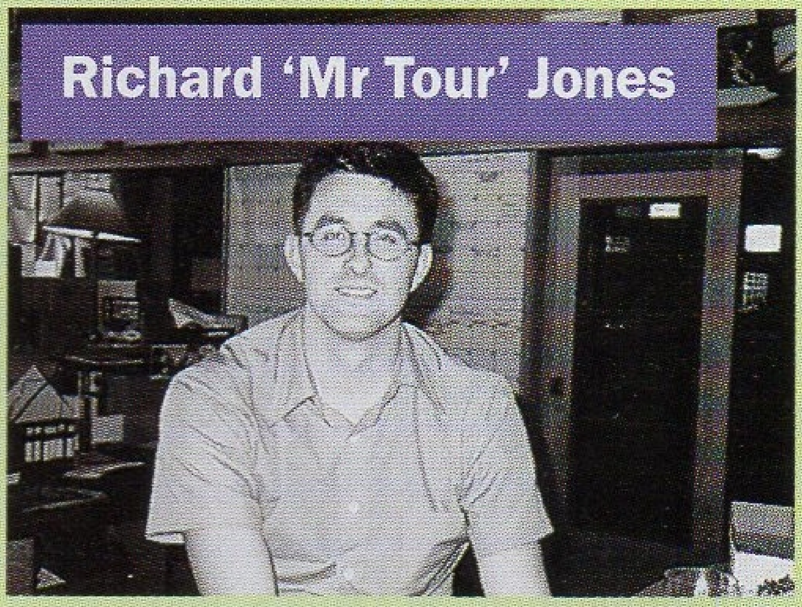
SPICE N

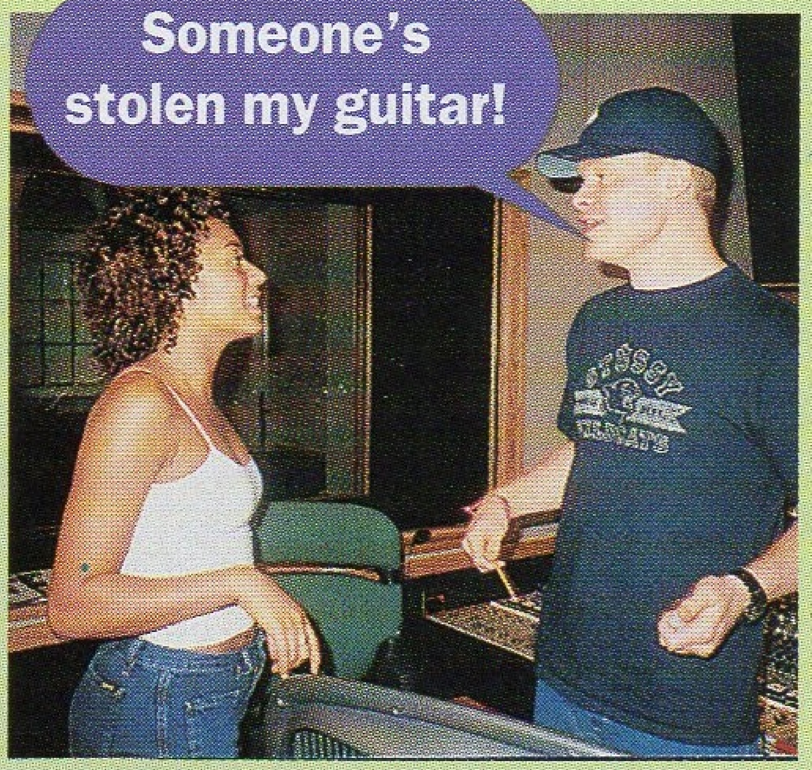


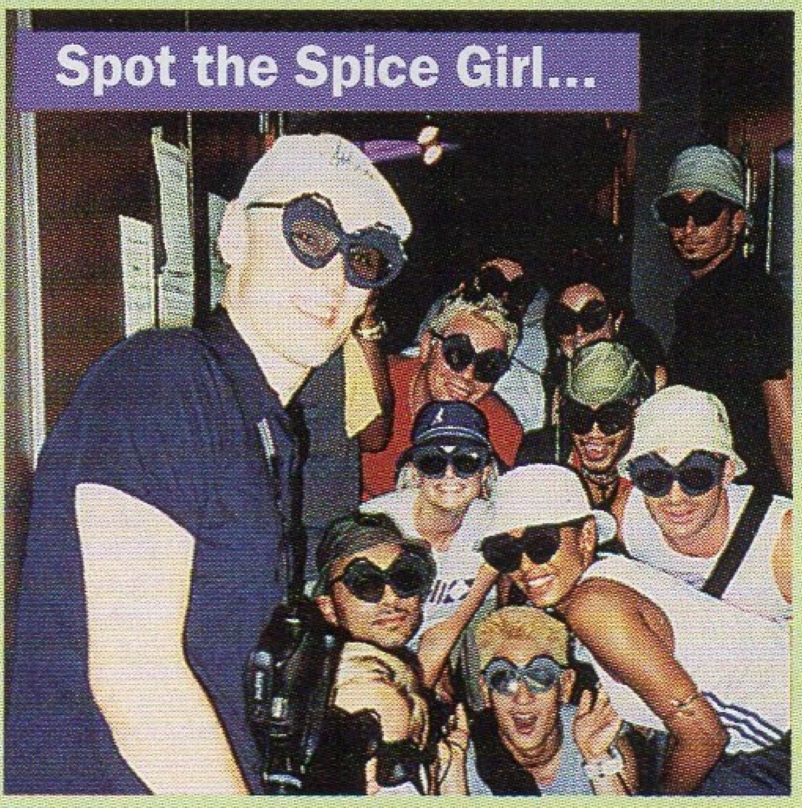
All aboard the Spice tram!

SPICEWORLD THE ALBUM IS NOW ON SALE IN 53 COUNTRIES FROM ARABIA TO PERU TO VENEZUELA! IT HAS GONE PLATINUM (WHICH MEANS IT HAS SOLD MORE THAN 300,000 COPIES) IN 36 COUNTRIES AND GOLD (MORE THAN 100,000 COPIES) IN 10 COUNTRIES.

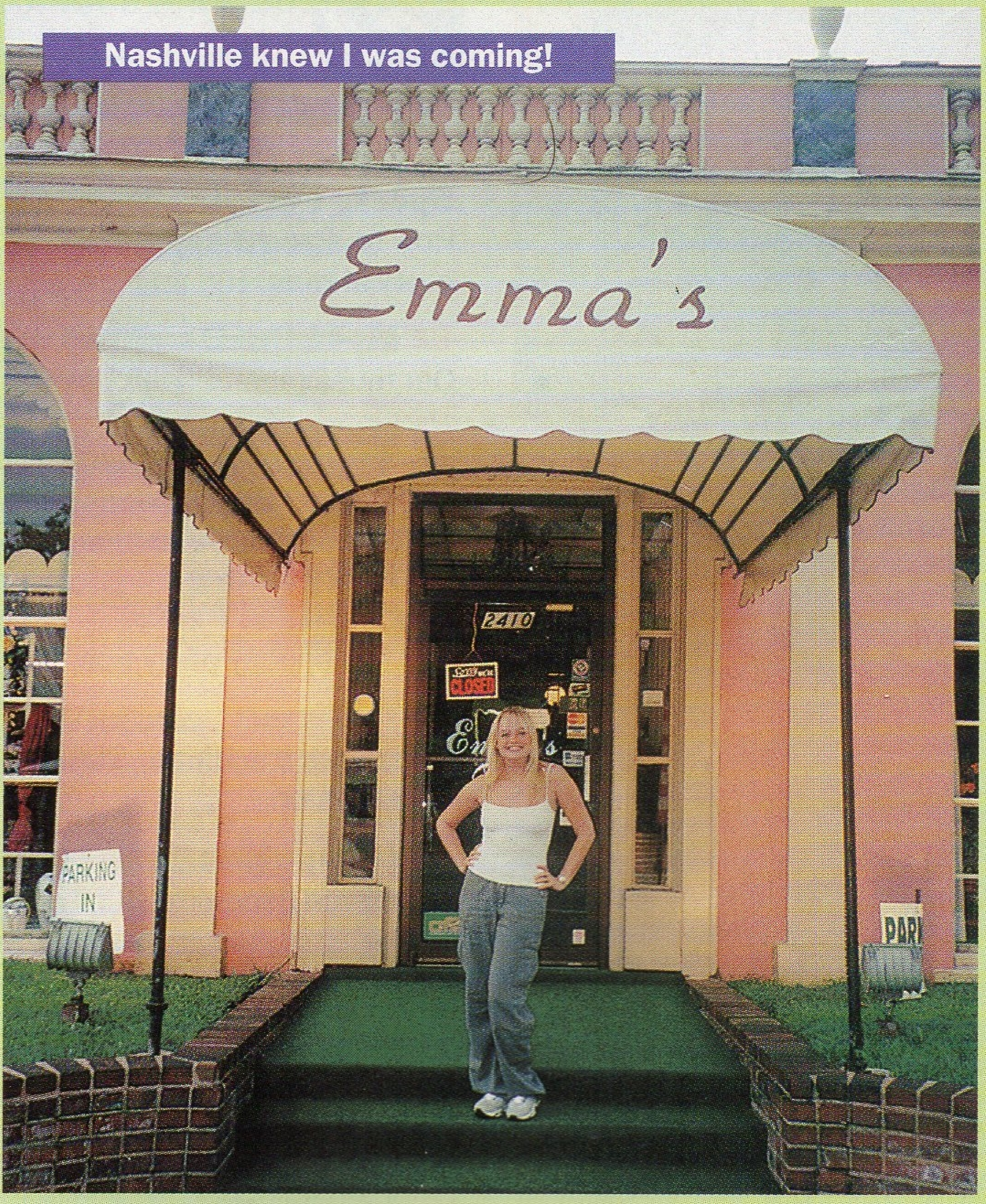
WE WENT ON THE DAVE LETTERMAN SHOW ON TELEVISION IN AMERICA ON 2 JULY AND IN THAT WEEK HIS RATINGS WERE THE HIGHEST OF THAT MONTH!!


Richard 'Mr Tour' Jones


Someone's stolen my guitar!

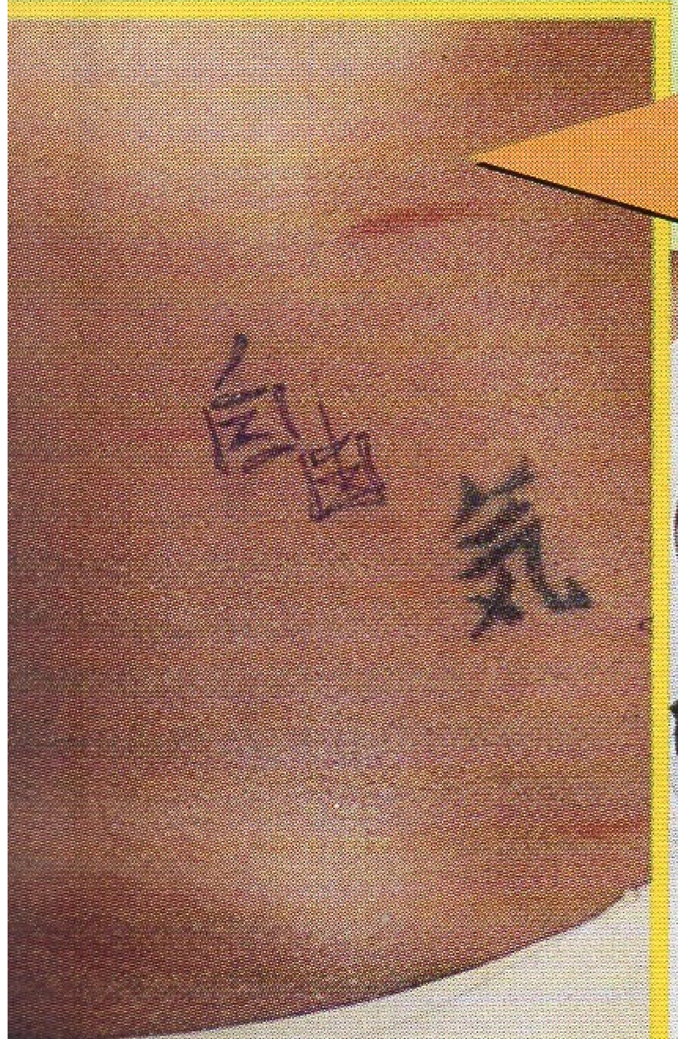

Spot the Spice Girl...

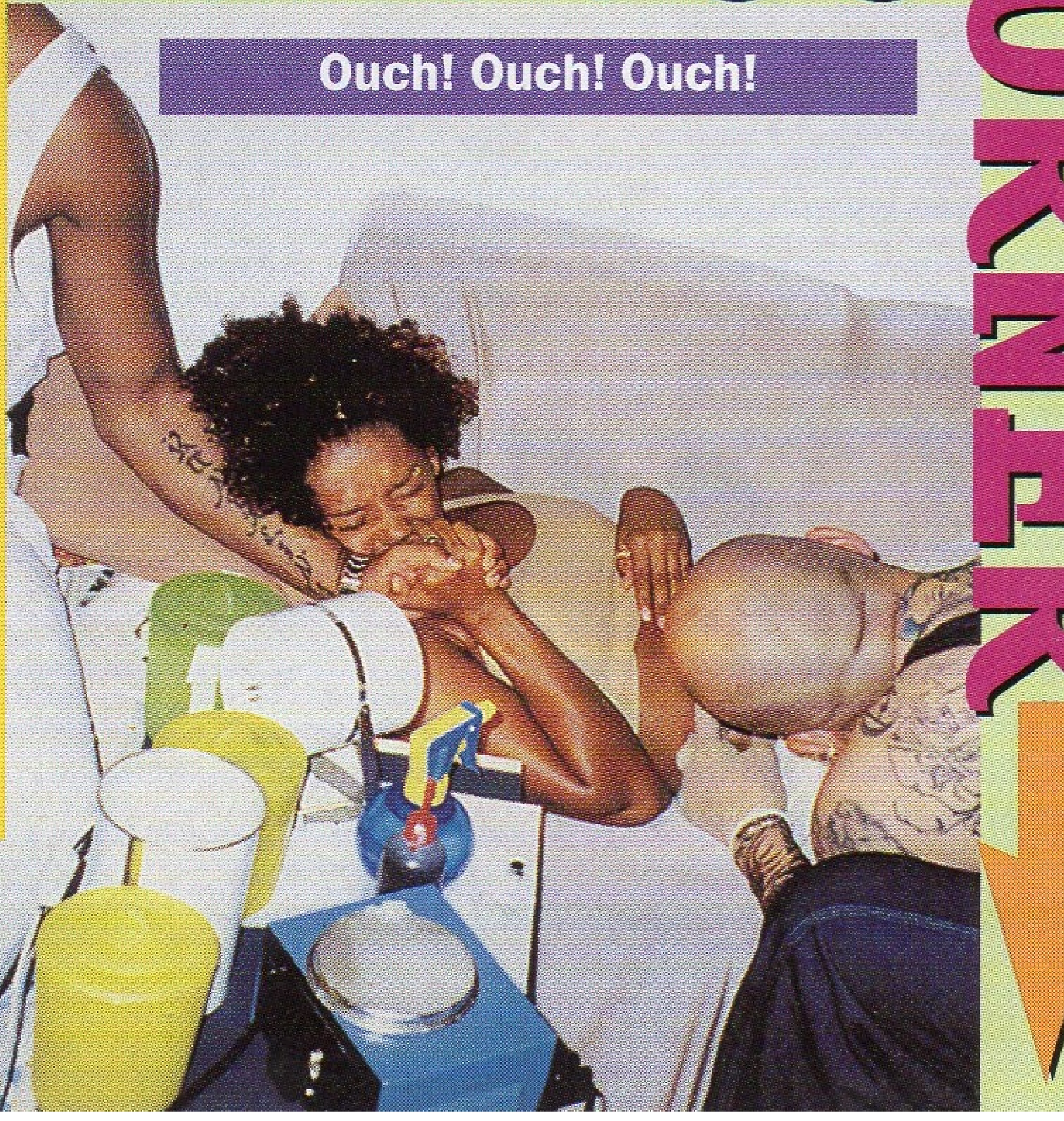
OK, let's make music!



Nashville knew I was coming!

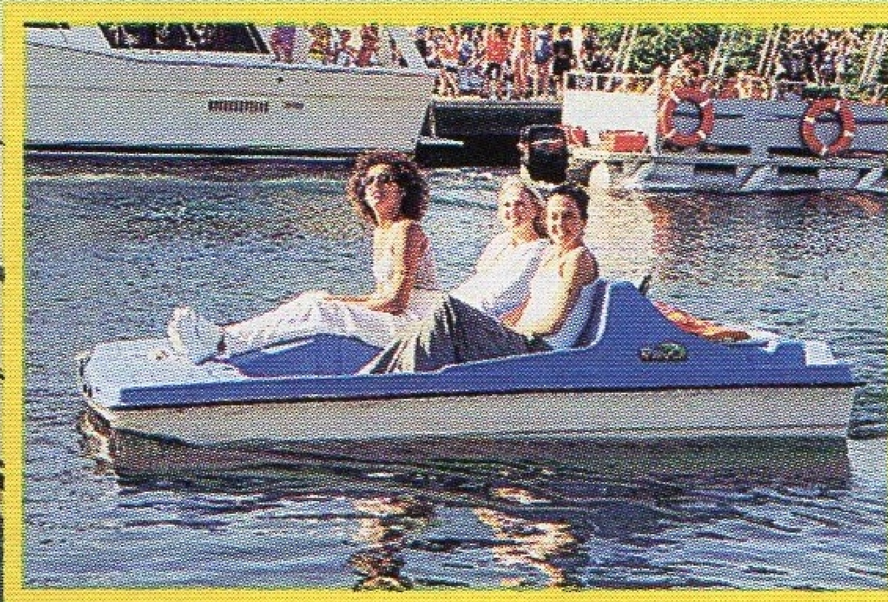
TATTOO CORNER




Ouch! Ouch! Ouch!

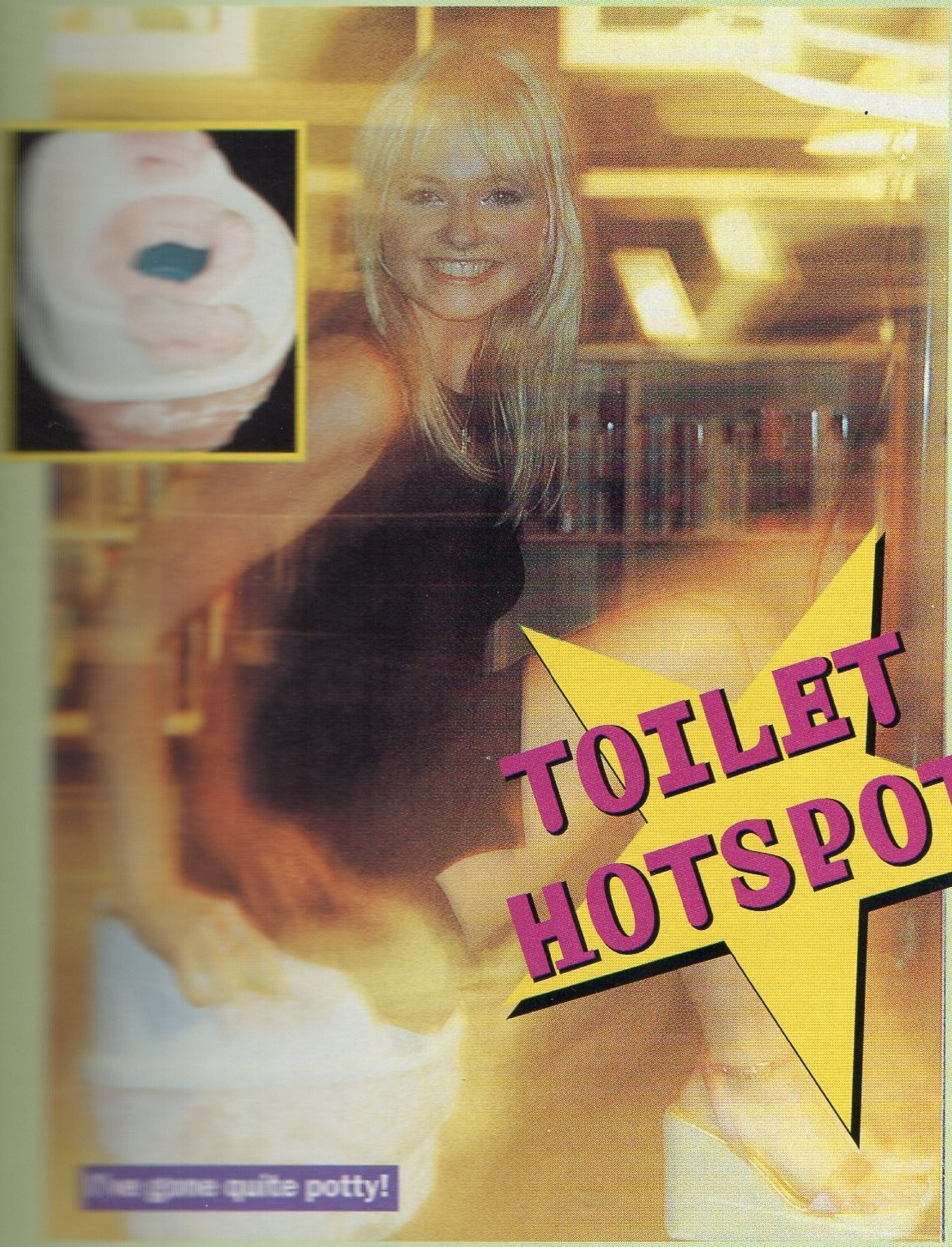
WE'RE HOPING TO START RECORDING OUR NEW ALBUM IN OCTOBER/ NOVEMBER.

EWS



'VIVA FOREVER' IS OUR BIGGEST EVER HIT IN EUROPE AND HAS SOLD NEARLY A MILLION COPIES! MORE THAN HALF OF THOSE WERE SOLD IN THE UK AND WE'VE SOLD 10 IN SLOVAKIA!

SPICE IS ALSO SOLD IN 53 COUNTRIES HAS GONE PLATINUM IN 41 COUNTRIES AND GOLD IN 5. WE'VE SOLD A MILLION COPIES IN CANADA.



WE HAD TO PUT ON ANOTHER SHOW AT DON VALLEY, SHEFFIELD, AFTER 38,000 TICKETS FOR THE INITIAL SHOW SOLD OUT IN LESS THAN TWO HOURS!

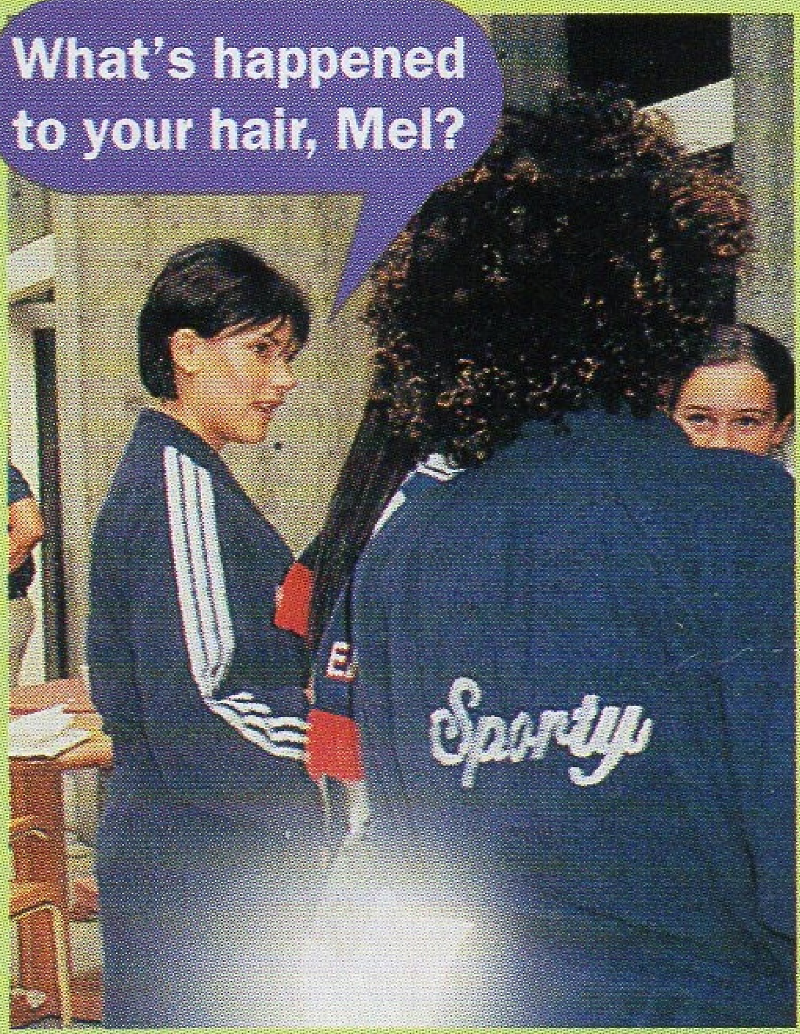
SPICE NEWS

Spot the Spice Girls part 2...

SPICEWORLD FOR THE PLAYSTATION WENT STRAIGHT INTO THE COMPUTER GAME CHARTS AT NUMBER 3 AND HAS NOW SOLD 50,000 COPIES.

... and part 3

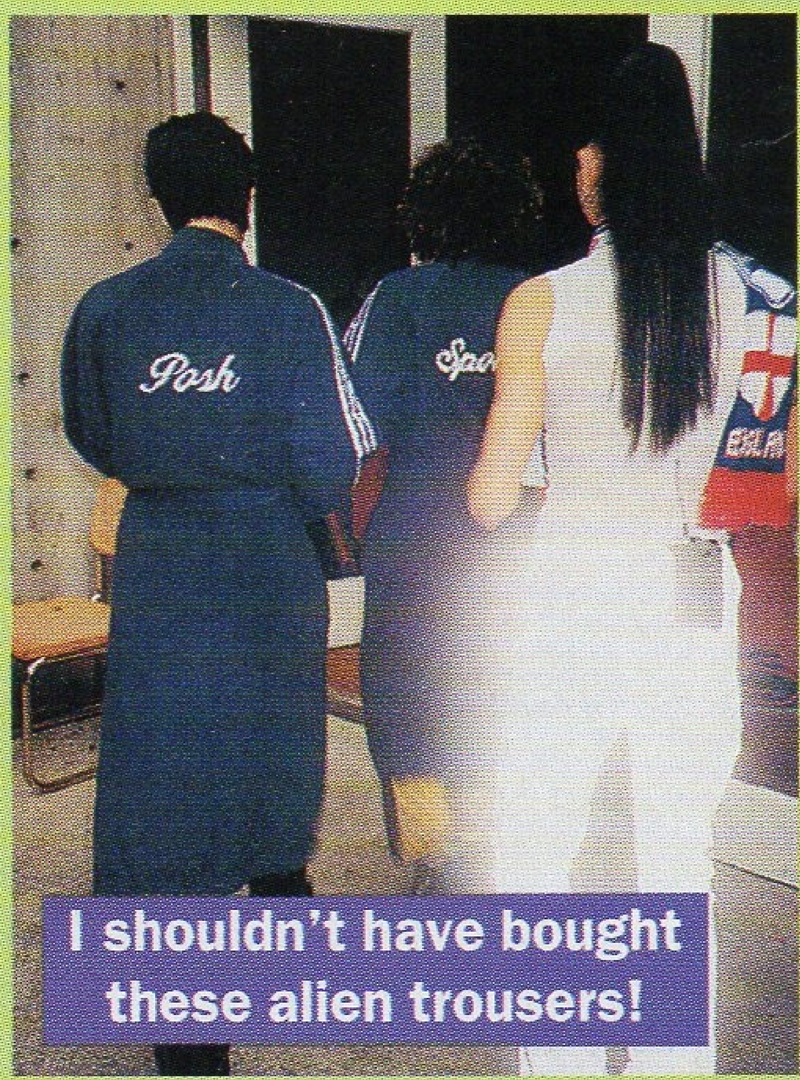
EVERYTHING IN AMERICA IS SUPPOSED TO BE BIGGER AND BETTER, BUT THE BIGGEST SHOW WE PLAYED IN THE US WAS FOR 28,000 PEOPLE AT THE WORLD AMPHITHEATRE IN CHICAGO. WHEN WE PLAY AT WEMBLY WE'LL BE PLAYING TO NEARLY TWICE AS MANY FANS AND WE KNOW YOU'RE GOING TO MAKE MORE THAN TWICE AS MUCH NOISE!!



What's happened to your hair, Mel?

If I have to do any more flying, I'll grow wings!

THANK GOODNESS FOR AEROPLANES AND BUSES – WE TRAVELLED 14,337 MILES ON OUR US TOUR TO DO 40 SHOWS IN 32 CITIES.



I shouldn't have bought these alien trousers!

Three Kings! Uh huh huh... Thank you very much!

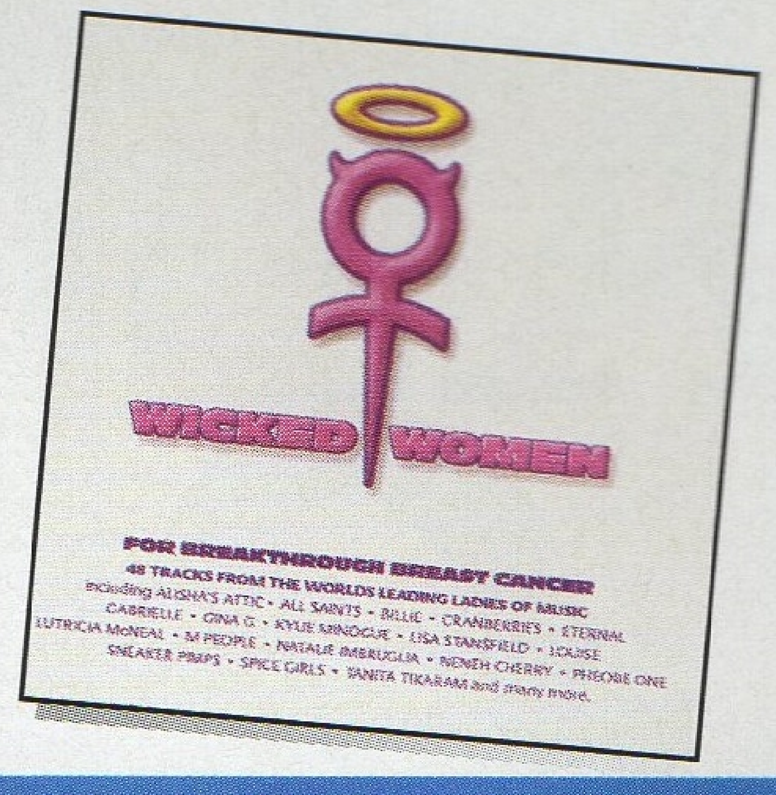
WE RECORDED OUR CHRISTMAS SINGLE AT THE SAME STUDIO IN NASHVILLE THAT ELVIS USED. IT'S A BIT SAD, BUT WICKED!

Where's my bedroom gone?

GIRL POWER IN THE NEWS

PEACE POWER!

AUNG SAN SUU KYI hasn't seen her husband for years, because the Burmese government won't let her! Most of the time they won't even let her leave her house – and all because she's got the guts to stand up and criticise her country's leaders for their nasty ways (torturing people, among other things). During the summer she tried to escape and start a peace protest, but some soldiers trapped her in her car, with hardly any food, for six days. A seriously brave woman!



WICKED WOMEN!

FROM OCTOBER 5 YOU CAN GET hold of a fab new album called *Wicked Women* with tracks on it by All Saints, Chrissie Hynde, Eternal and our song 'Never Give Up On The Good Times'. It might be called *Wicked Women*, but it's going to do a lot of good – £2.75 from the sale of each CD goes to Breakthrough Breast Cancer. This is a really great charity that was set up to help fight breast cancer in women. We want to raise lots of dosh so we can kick this illness into touch!

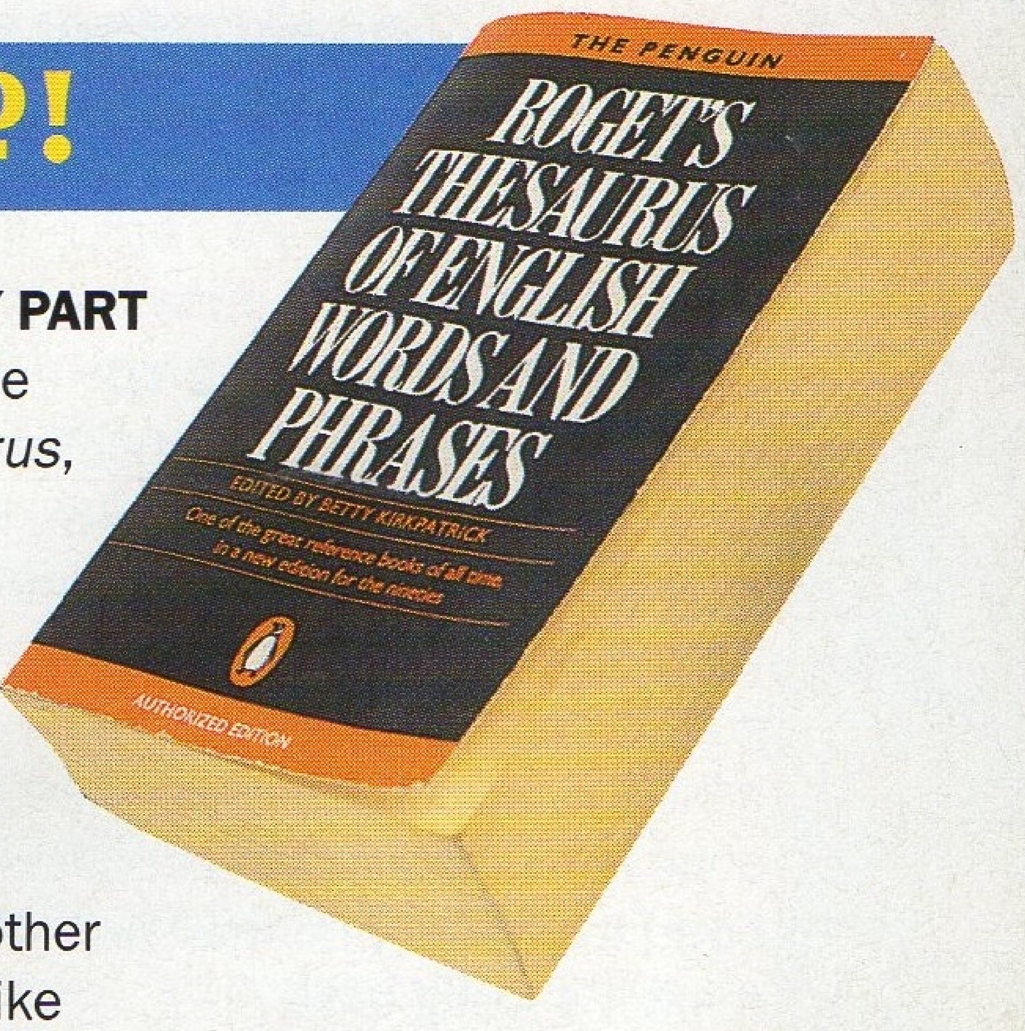
GOING BATTY!

ON JULY 21, AUSSIE CRICKETER LISA Keightly became the first woman to score a century (100 runs) at the world famous Lords Cricket Ground in London! And the captain of the winning team was Belinda Clark, who's had her share of the action, too. In last year's World Cup in India, she became the only person ever (man or woman) to score 200 runs in an official one-day tournament. Two truly sixy chicks!

YOUNG AND DESIRABLE!

THE GOSS IS THAT... Kirsty Young, Channel 5 newsreader, has been offered a whacking £500,000 contract to move to the BBC! The BBC are desperate to get her on board because she recently beat Jeremy Paxman and Martyn Lewis to the title of Newscaster of the Year! With her great looks and professionalism, she's definitely one of the hottest properties in television. Go Girl!

WORD UP!



GIRL POWER IS NOW OFFICALLY PART of the English language! It's in the latest edition of *Roget's Thesaurus*, a dictionary of synonyms (different words for the same thing). Editor Betty Kirkpatrick wanted to bring the dictionary up to date. And with other new entries like Tamagotchi, bad hair day and Britpop – it seems she's done exactly that!

FIGHTING FIT!

ASTRID LONGHURST, 38, IS GMTV'S BIGGEST fitness sensation – literally! Astrid used to get really upset about her size and binged for years, but finally wised up and decided to stick at her natural weight – 20 stone! She then trained to be a fitness instructor and got a job on breakfast TV. Now she's a huge hit with viewers, so anyone who mocked her size before must be eating their words!

GMTV/ALL ACTION/WHITE BACKGROUNDS/GRAHAM MORRIS

ALL CHANGE!

Don't be afraid to move on and take the next step...

Emma

Moving house

WHEN I MOVED OUT OF THE FLAT where I'd lived since I was two, my dad moved in. So when I go for dinner round my dad's, I go to my old flat! I found it quite hard to leave because it was my little childhood haven, but that sort of thing is all about growing, moving on and taking that next step.

Changing schools

I HATED IT WHEN I HAD TO leave the Sylvia Young school and go to the local comprehensive. It seemed like everyone hated me there and I cried every day when I got home. Your first day at a new school is always hard. The best way to cope is to be yourself and hope for the best! It's usually not half as bad as you think it's going to be.

Body changes

IT CAN BE A BIT CONFUSING WHEN your body starts to change. Luckily, my mum was always there to talk me through things, but I was still quite sensitive. I remember my brother calling me hairy and I was devastated! I cried for days! Still I had to have a bra when I was eleven. I didn't need it, but I wanted one!

"It's usually not half as bad as you think it's going to be."

Mel B

Moving house

WE LIVED IN A LOVELY LITTLE COUNCIL house and I knew everyone on the estate. Then we moved to another area and it was awful because we were the only black family there. It was horrible. I used to go bicycling down to the park to find new friends and I did, but it wasn't all that. At the old house I buried some orange and apple pips in the garden and I really hoped that an apple tree and an orange tree would grow, so that I'd have left something behind. These days I love the idea of moving house and love meeting different people, I absolutely love it. I think you can learn a lot from the different people you meet and the environments you find yourself in.

Bodily changes

I WAS IN THE HARD GANG SO NO-ONE really bothered with me in that way. I used to tease my best friend Rebecca because she had really big boobs. I was so horrible – I used to make her wear her jumper in the summer! I'd say: "If you take your jumper off it's only because you want all the boys to look at your chest!" She and I were inseparable, so she'd keep her jumper on in the hot summer sun! Still, she used to tease me because I didn't have any. We used to laugh and joke all the time, which meant we never took it too seriously.

Losing a friend

FOR A YEAR REBECCA AND I DIDN'T speak to each other. We had the same friends as each other, so it was really hard. I can't remember it very well because I've blanked it out, I think. When we were with our friends, we'd talk to the others but not each other. It was horrible and we were both really upset, but I just carried on. It was mad. I suppose we should have talked to each other and sorted out what was going on, but it's hard at that age.

Mel C

Moving house

I NEVER WANTED TO MOVE HOUSE WHEN I was younger, but we always just kept moving on. Eventually I was glad because we moved on to better houses, but I always found it really weird when we drove past our old house afterwards.

WHEN I WAS ABOUT 14 MY MUM WANTED to move down south because my stepdad's got family down here. I was absolutely distraught, in bits. I cried myself to sleep for weeks. I just did not want to go – I didn't want to leave Liverpool! Luckily, in the end, we couldn't afford to move.

Changing schools

I'VE NEVER LIKED CHANGE. EVENTUALLY I come round to it, but I don't like the thought of things like moving house. It unsettles me. I hated having to change schools, too. It was terrible, because I'm shy anyway, so it was very hard for me to make friends.

I WENT TO LOADS OF DIFFERENT schools and I definitely had problems adjusting. When my mum left my dad, I had to leave my first school because we moved to my nan's in a different area while we were waiting for somewhere to live. Then we got a flat and I went to the local school there for a couple of years. Then my mum got pregnant with my brother, so we were put in a house because we had a baby, and I had to move schools again.

LATER WE ACTUALLY BOUGHT OUR OWN house in the next town, Widnes, where they speak with a different accent. So I changed schools again and when I spoke with my accent the kids used to say: "Oh go back to Scouseland, you scummy Scouser!" It was mainly the fourth year junior boys who gave me loads of stick about it. I was just a little girl in the first year and they really used to pick on me!

IF YOU'RE GOING INTO THE HIGH SCHOOL from the juniors and there are lots of different people from different schools there, you've got to remember that everyone's in the same boat. It's a new school for everybody. But if you're going into a school where everybody else is quite friendly with each other, just find someone you like the look of and hopefully they'll be nice to you. There are nice people everywhere. Just be yourself and you'll make good friends.

DOING SCHOOL ACTIVITIES CAN HELP you make friends. I was into gymnastics so I went along to the gymnastics club, where I made my best friends. It was good because they shared the same interests as me.

IT'S TRAUMATIC CHANGING SCHOOLS and moving house, but experiences like that make you the person you are. If you've had it easy all your life, then you can't handle it when something does go wrong. All the little traumas that happen to you as a kid prepare you for life in the real world, which doesn't always run very smoothly!

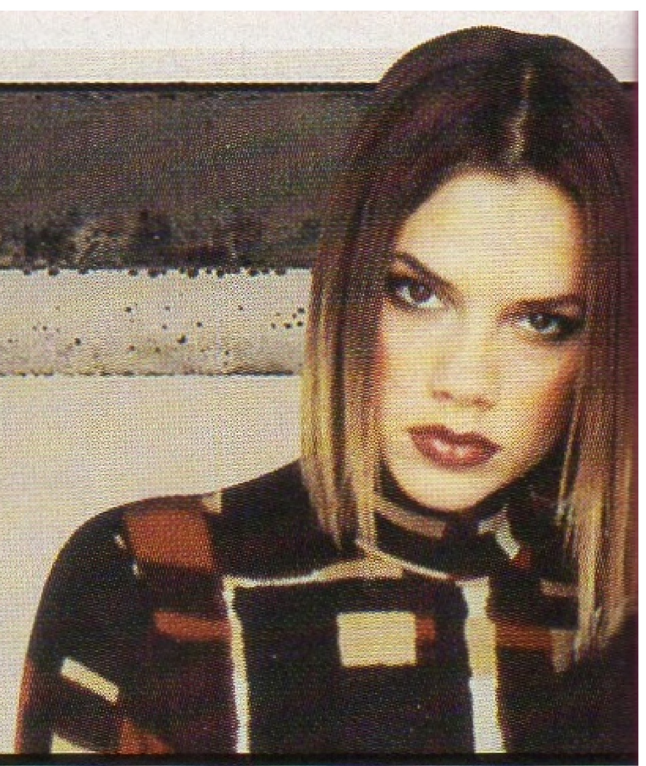
Body changes

IT'S HARD TO COPE WHEN YOUR BODY'S changing, especially if the boys at school start making cruel comments. You have to remember that they only do that because they're insecure about themselves. And strange things start happening to them, too. It's really funny when their voices start to break and go squeaky and deep in the same sentence!

EVERYONE'S DIFFERENT AND EVERYONE grows at a different rate. There's always one girl who starts developing before everyone else, isn't there? But don't worry, it happens to everyone in the end.

IN THE JUNIORS MY BEST FRIEND ALISON and I were talking about puberty and one of us said: "Have you got any hairs starting to come?" And we showed each other! We had about two little hairs each and we were saying: "Look!" It's good to share that sort of thing with your friends, because everyone's going through it.

I'VE NEVER REALLY NEEDED A BRA BUT I just had to have one at school, so I got a trainer bra from Marks and Spencer. It was a 28AA and the cup wasn't a cup at all – it was just a flat triangle and it still fits me!



Victoria

Changing schools

MY FIRST DAY AT SCHOOL WAS HORRIBLE because a lot of people were really snobby towards me. Everyone knew that my mum and dad had done quite well for themselves and they resented it, I think. Before the first term started, this really popular girl called Angeline came to my house and said: "So, are you going to be bussing it into school every day?" And I sat there thinking, what's 'bussing it'? I didn't know she meant going on a bus, so I said: "Well, I haven't decided yet."

I HAD NO FRIENDS WHATSOEVER AND everyone used to say: "You come to school in a Rolls Royce and you're a snob!" I wasn't always that nice, either. I once threw a girl in the pond and she came out covered in duck weed! I still feel terrible about it. The strange thing was that I was popular for the day after that and everyone liked me! Kids can be evil and pick on each other for really nasty reasons.

I ALWAYS WANTED TO BE THE NEW KID because at my school everyone wanted to be friends with the new kid. I was bullied a lot at school – I had a hideous time and I absolutely hated it. What got me through it was having a good relationship with my family. That's why it's nice to have brothers and sisters, rather than be an only child. I wish I could go back to school knowing what I know now. I wouldn't care what anybody said.

MY MUM AND DAD USED TO GET SO upset when I went home and cried. But things got better when I took up dancing, because that kept my mind off the problems I was having at school and I had a separate group of friends who I had more in common with.

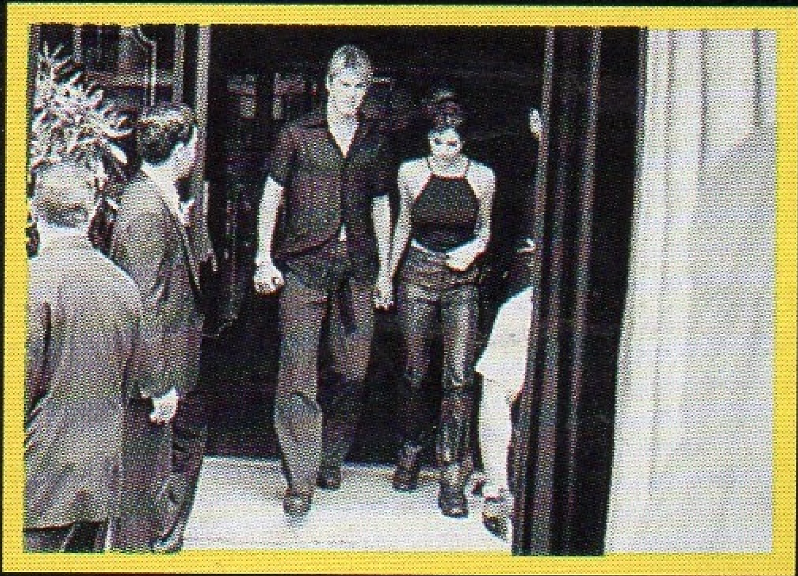
Body changes

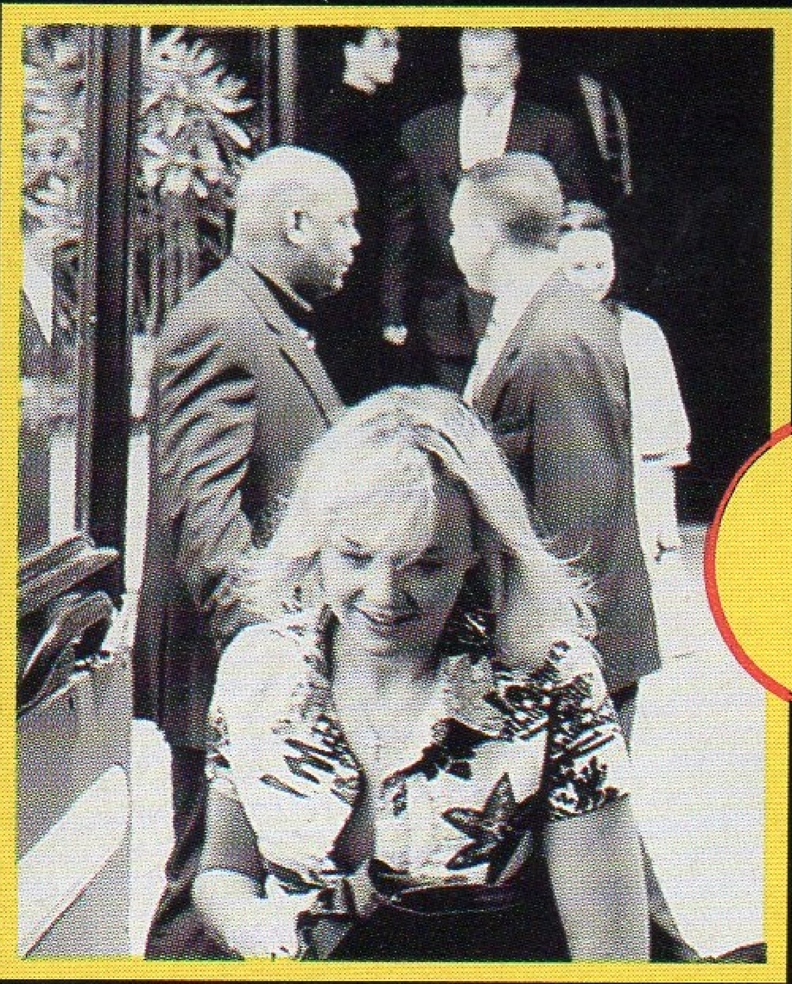
IT HELPS IF YOU'VE GOT A GOOD relationship with your mum and you've got some good friends. I was very, very late going through puberty. By the time I went through it, everyone else already had so no-one really took the mickey. They teased me more for being a late developer!

THE BOYS USED TO COME UP BEHIND the girls and run their hands down our backs to see if we were wearing bras, but I was still wearing vests because I didn't have enough to put in a bra. I remember my mum saying to me: "Let's go and buy you a bra." She got me a training bra which ended up by my neck by the end of the day because there was nothing to hold it in place!

LIVE ON AIR

Ever wondered what goes on behind the scenes at TV studios? When we were in Toronto, MuchMusic TV (which is like MTV in Canada) had a Spice Weekend and we did a live TV special called *Intimate and Interactive*. The plan was to perform five songs live and answer questions from fans – here's what happened minute by minute!

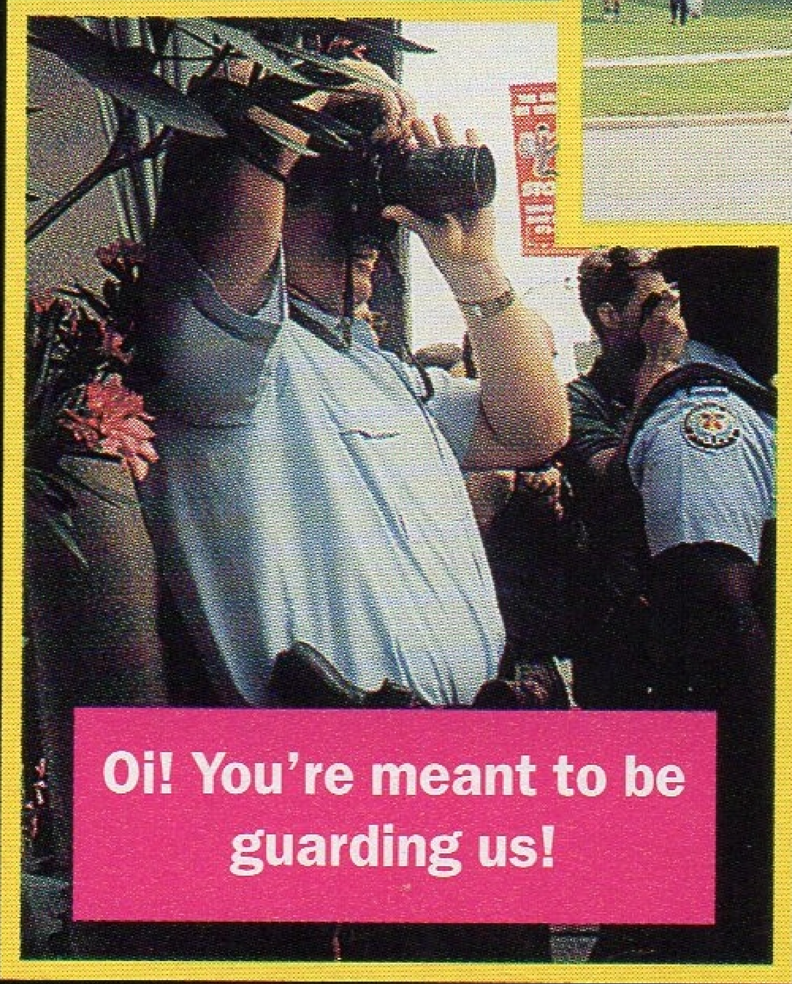




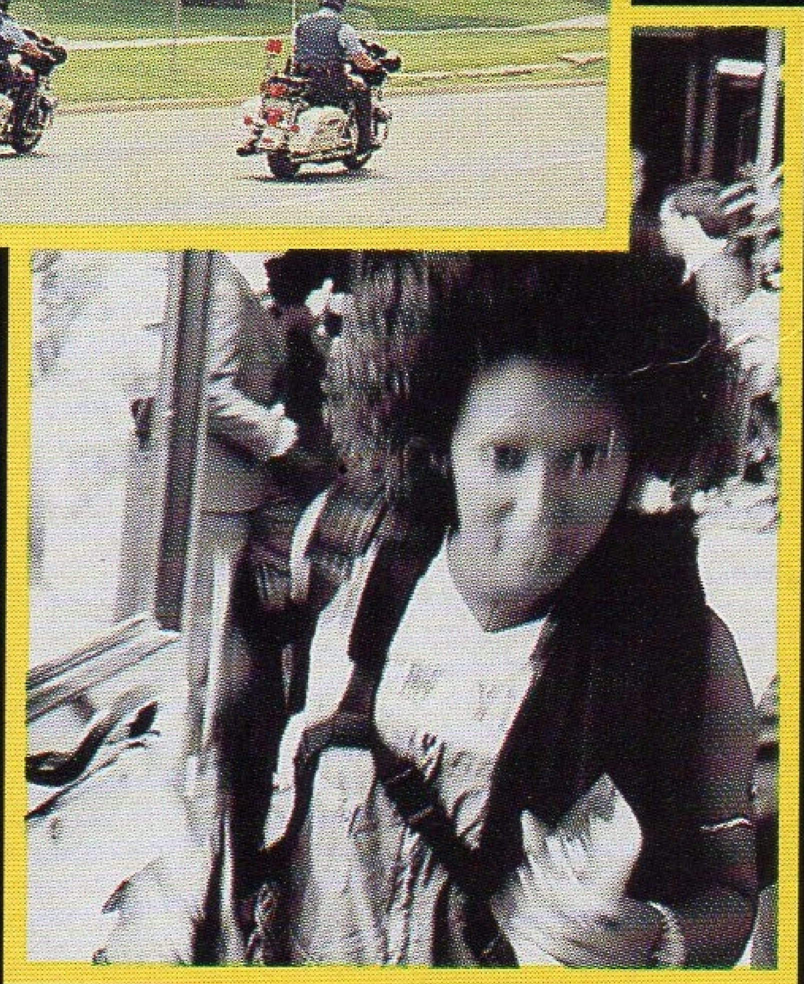
SUNDAY 12 JULY

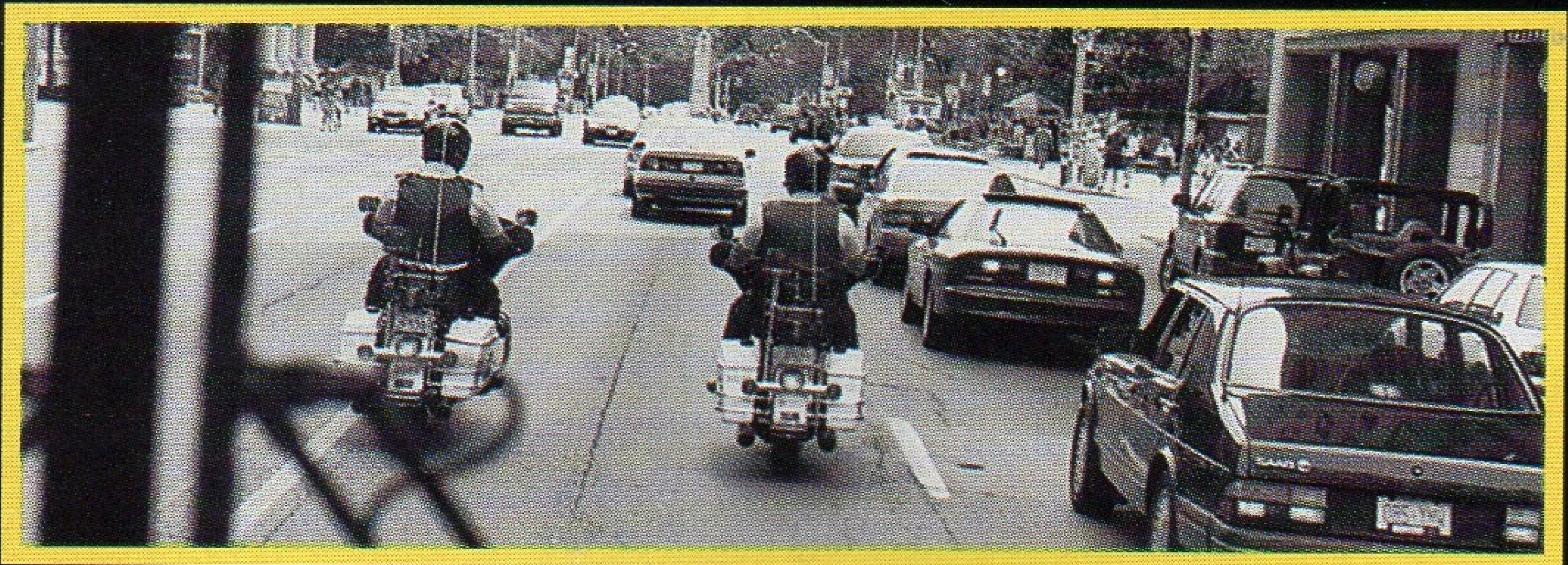
2PM Time to get on the bus.

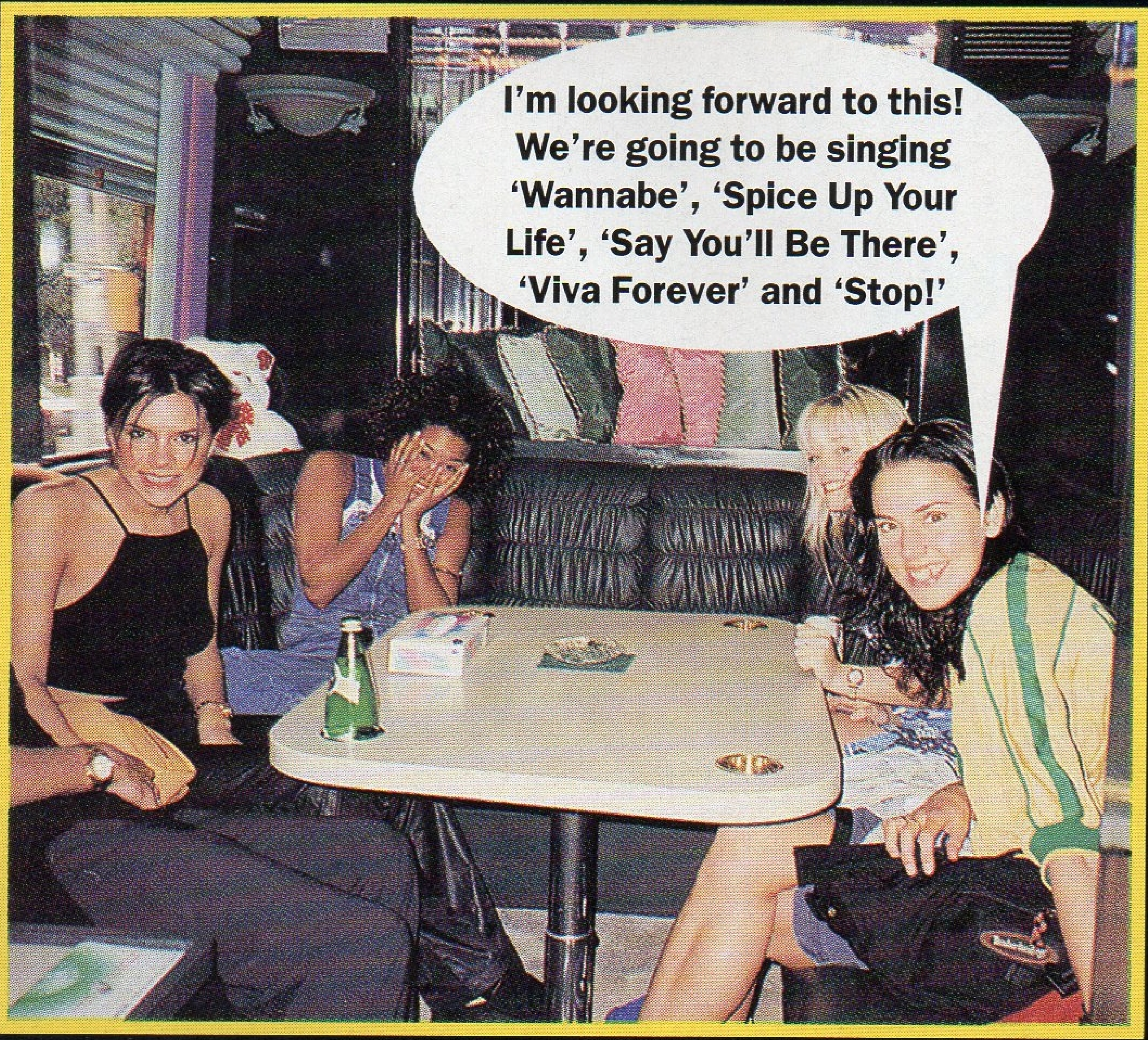
2.15PM Actually get on the bus. Cool, we've got an armed police escort on motorbikes, but some of them look more like paparazzi!

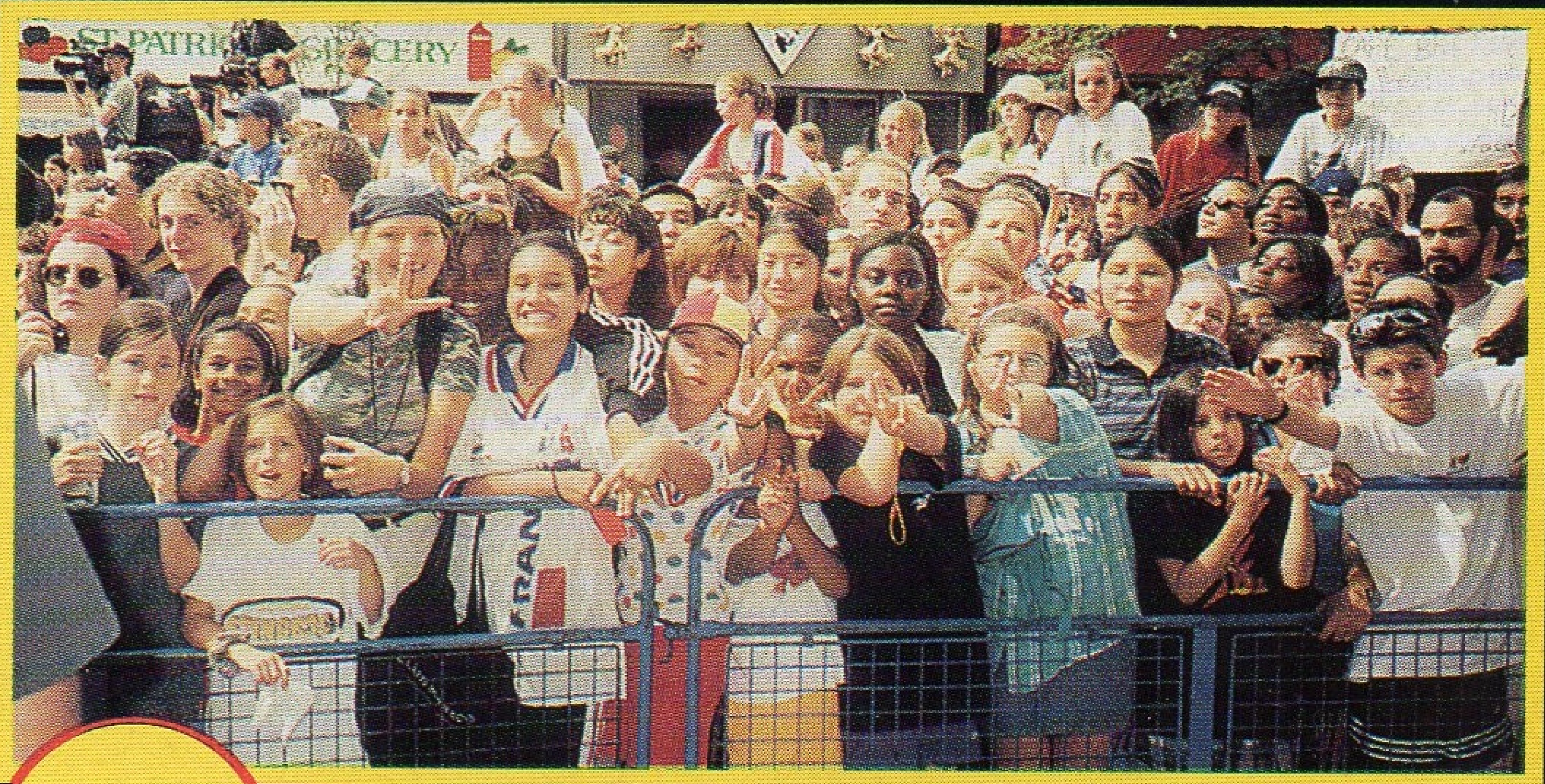


Oi! You're meant to be guarding us!

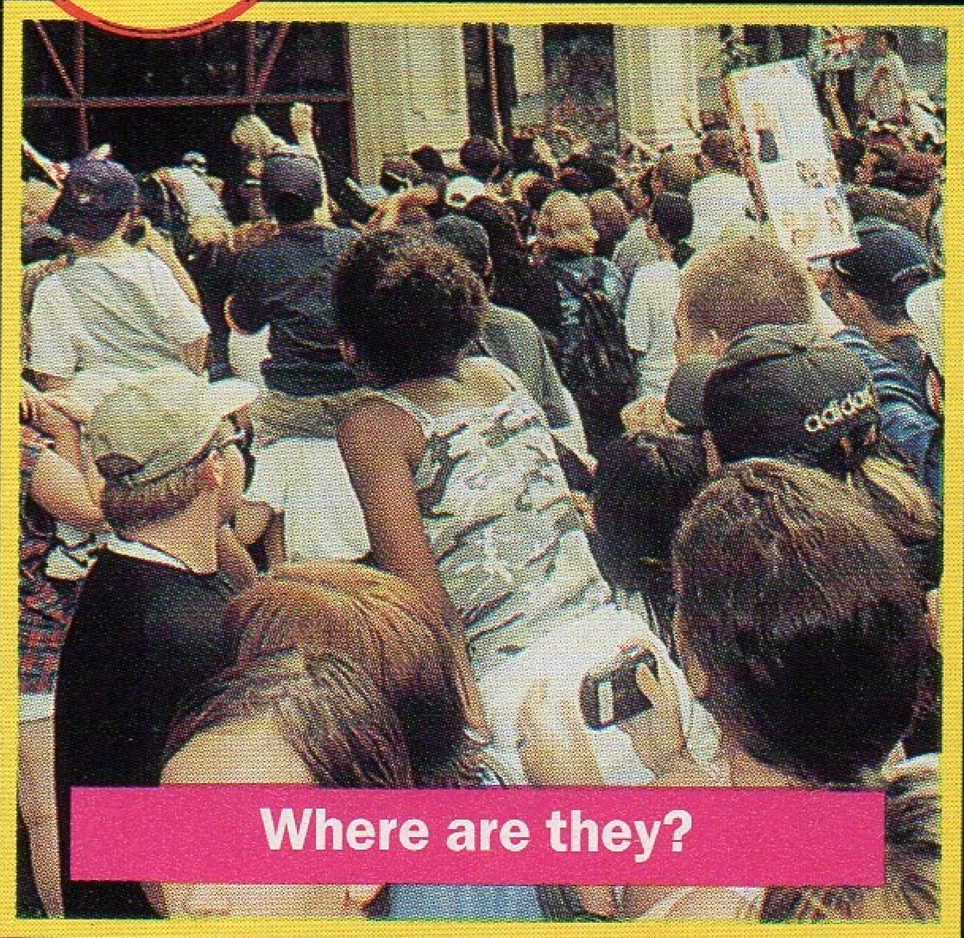








2.20PM Arrive at MuchMusic studios and there are thousands of screaming fans outside!

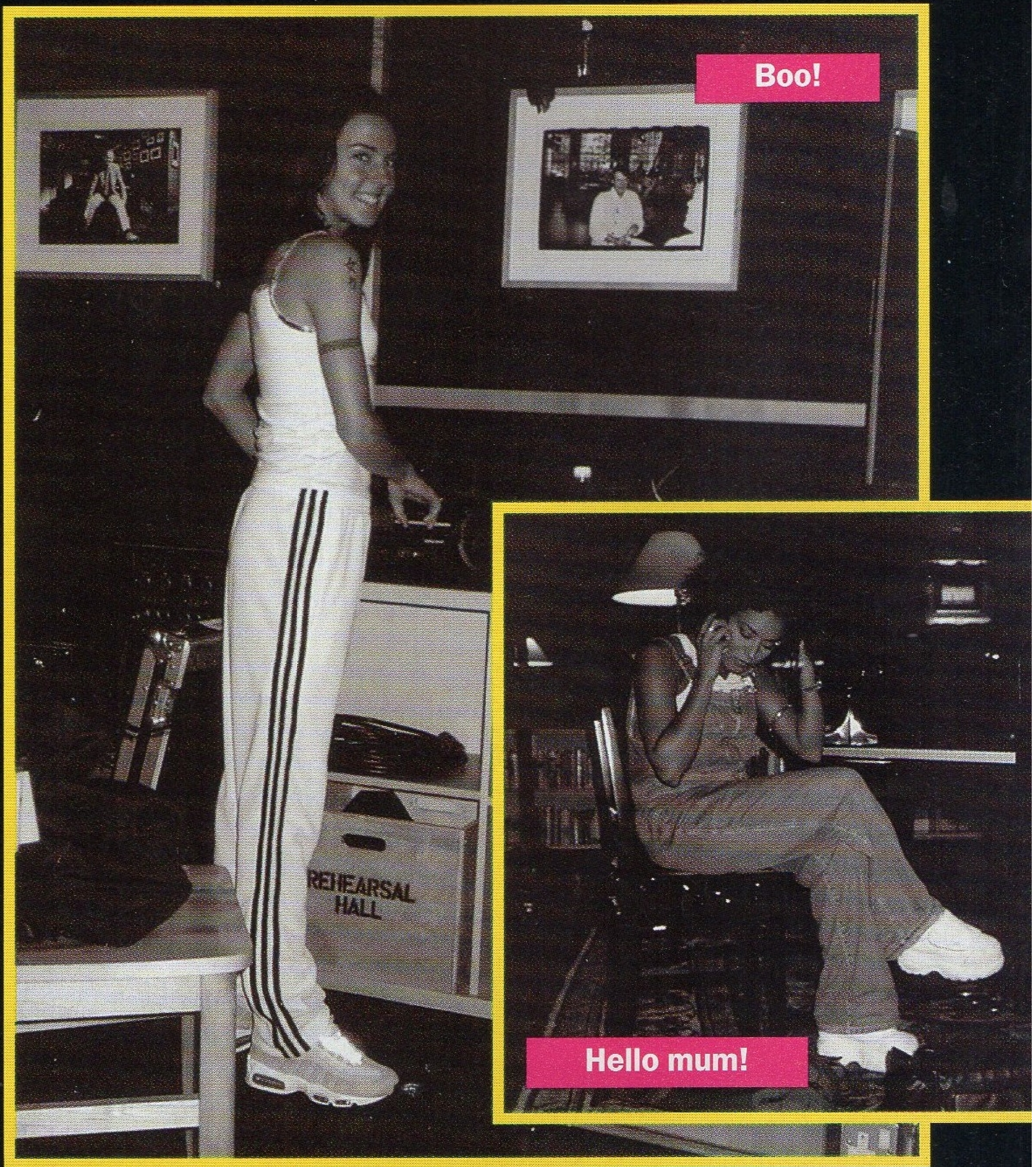


Where are they?

spice tv special

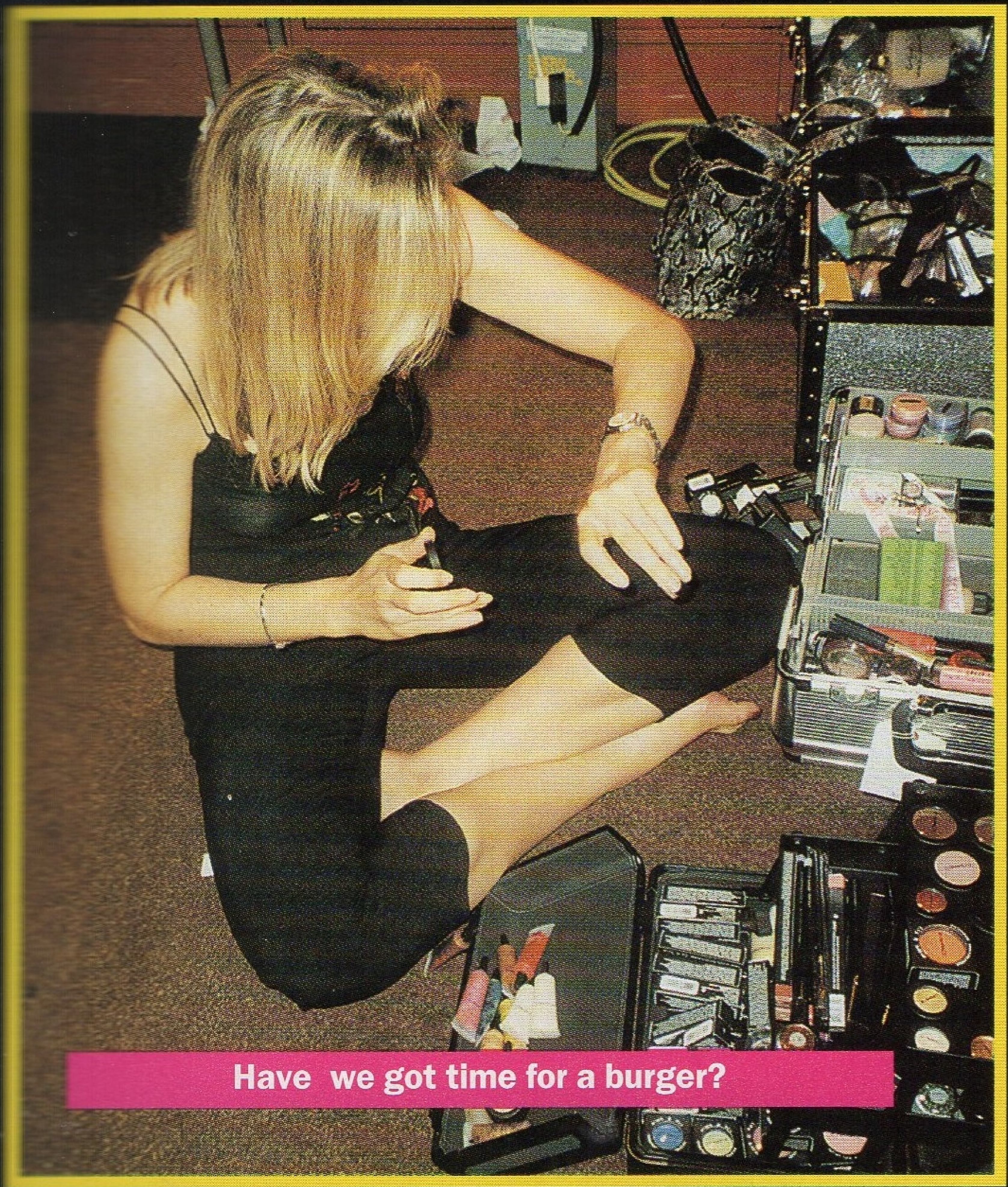
Hope this lippie is extra expensive!

2.25PM Go into our dressing rooms and find loads of presents there from Mac cosmetics. The make-up holders are inscribed with messages like, "For Scary Spice." Mel C's package has a bicycle helmet in it and Emma's been given a potty with pink fluffy fur! Quick, get the camera out for 'Toilet Hotspot'! (see Spice News)



Boo!

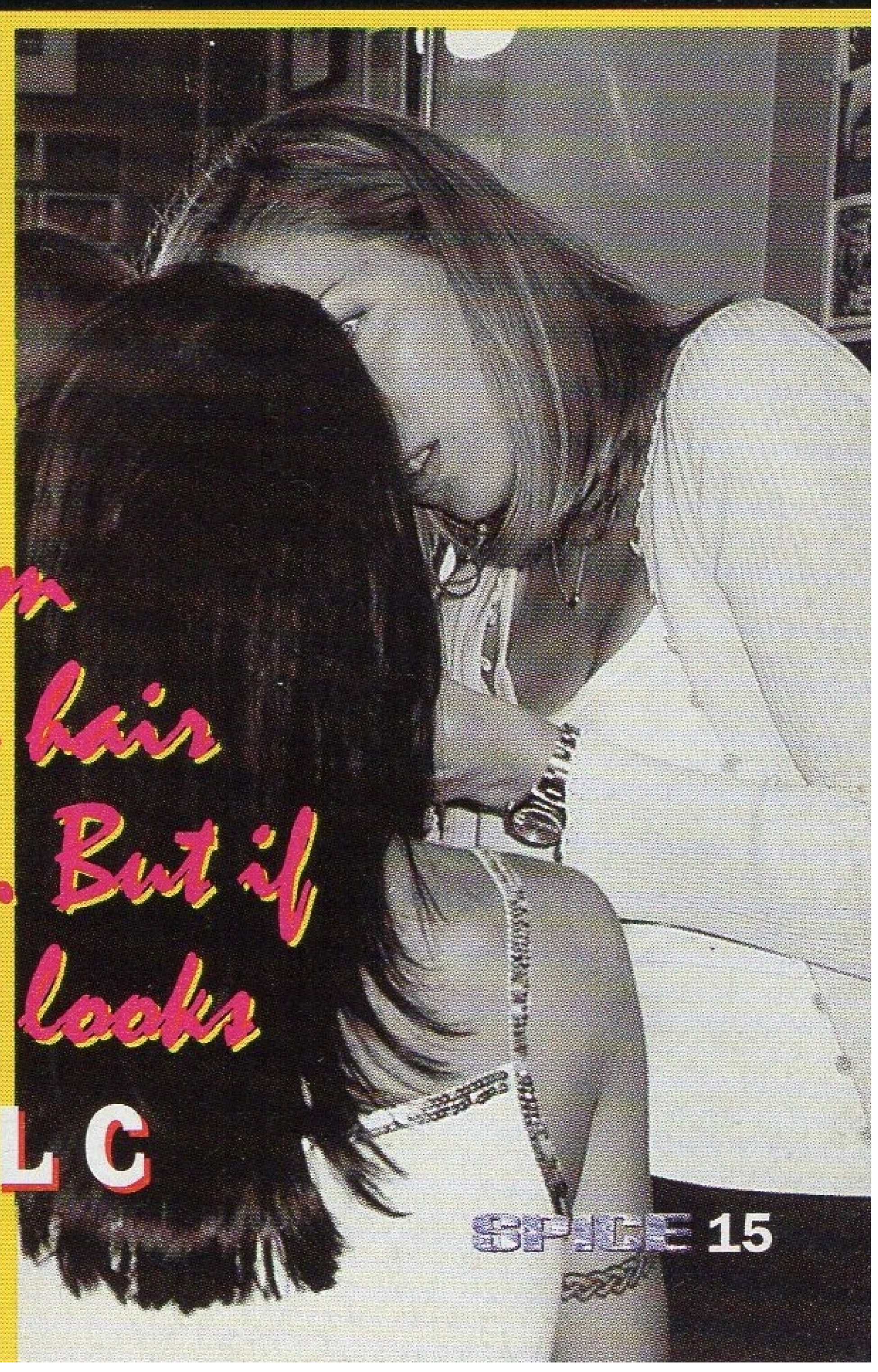
Hello mum!



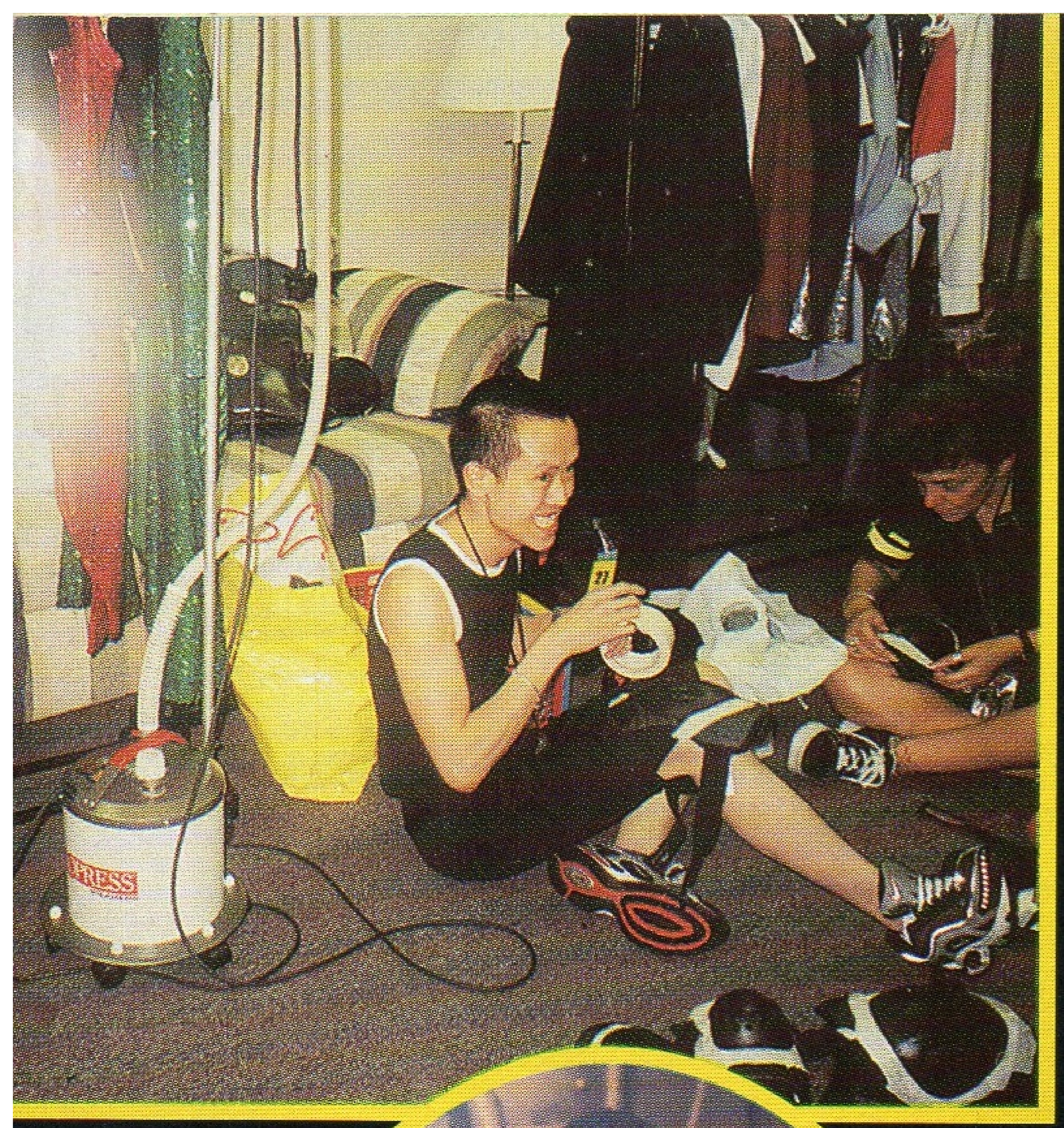
Have we got time for a burger?

Karin has a small fit, but stays calm: "There's hardly any light in the dressing room we've been given, so I want to move into another room! Otherwise, I won't be able to see the Girls and do my job properly. It's a big day today and we want to do it well. Also, I need as much time as possible because I'm aiming to make everyone look extremely streamlined. But I've only been assigned 15 minutes per Girl!"

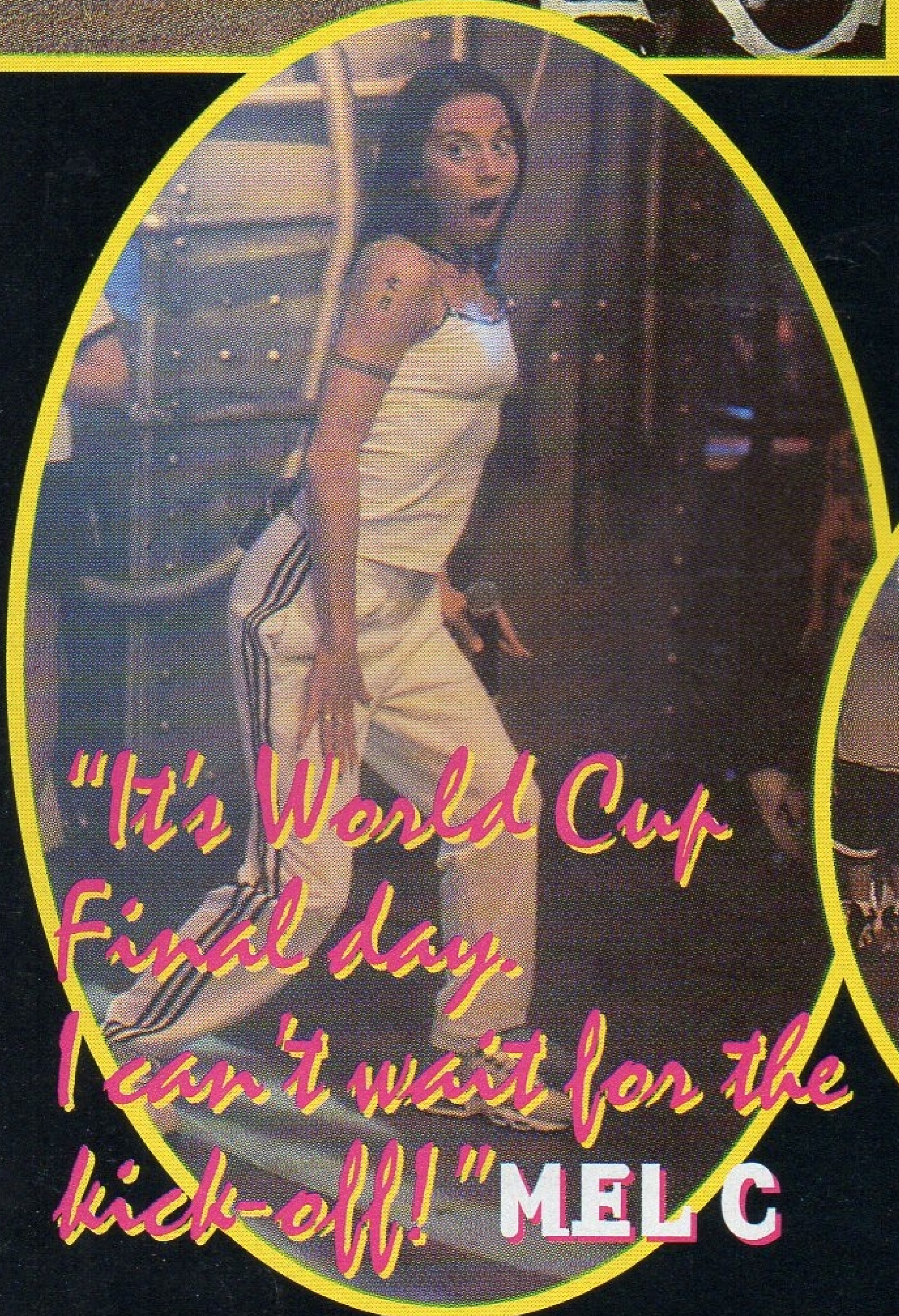
2.30PM Karin moves into a tiny (but bright) make-up room. As usual, it's Mel C who's first into hair and make-up. Hair down or up?



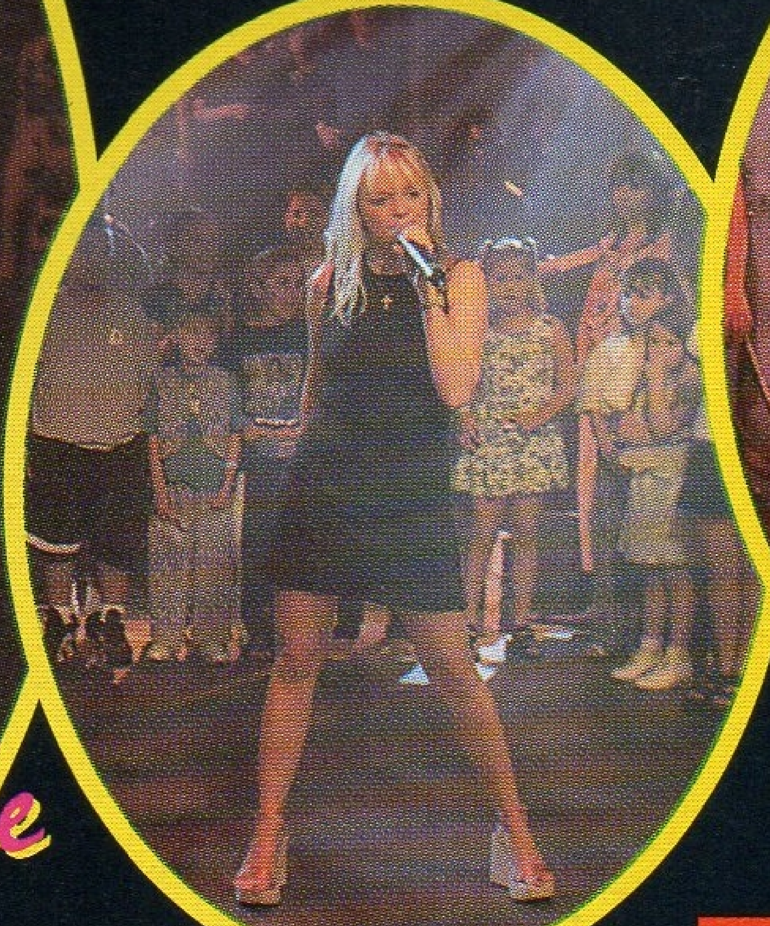
"Usually when I'm dancing I like my hair up, out of the way. But if I'm doing a TV, it looks better down." **MEL C**

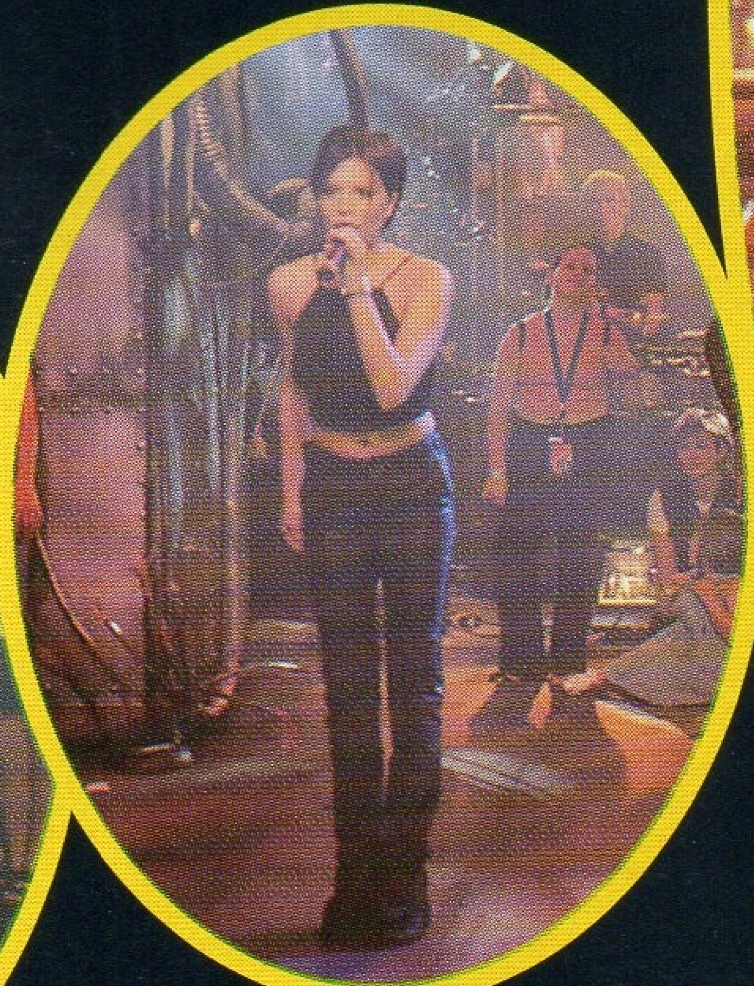


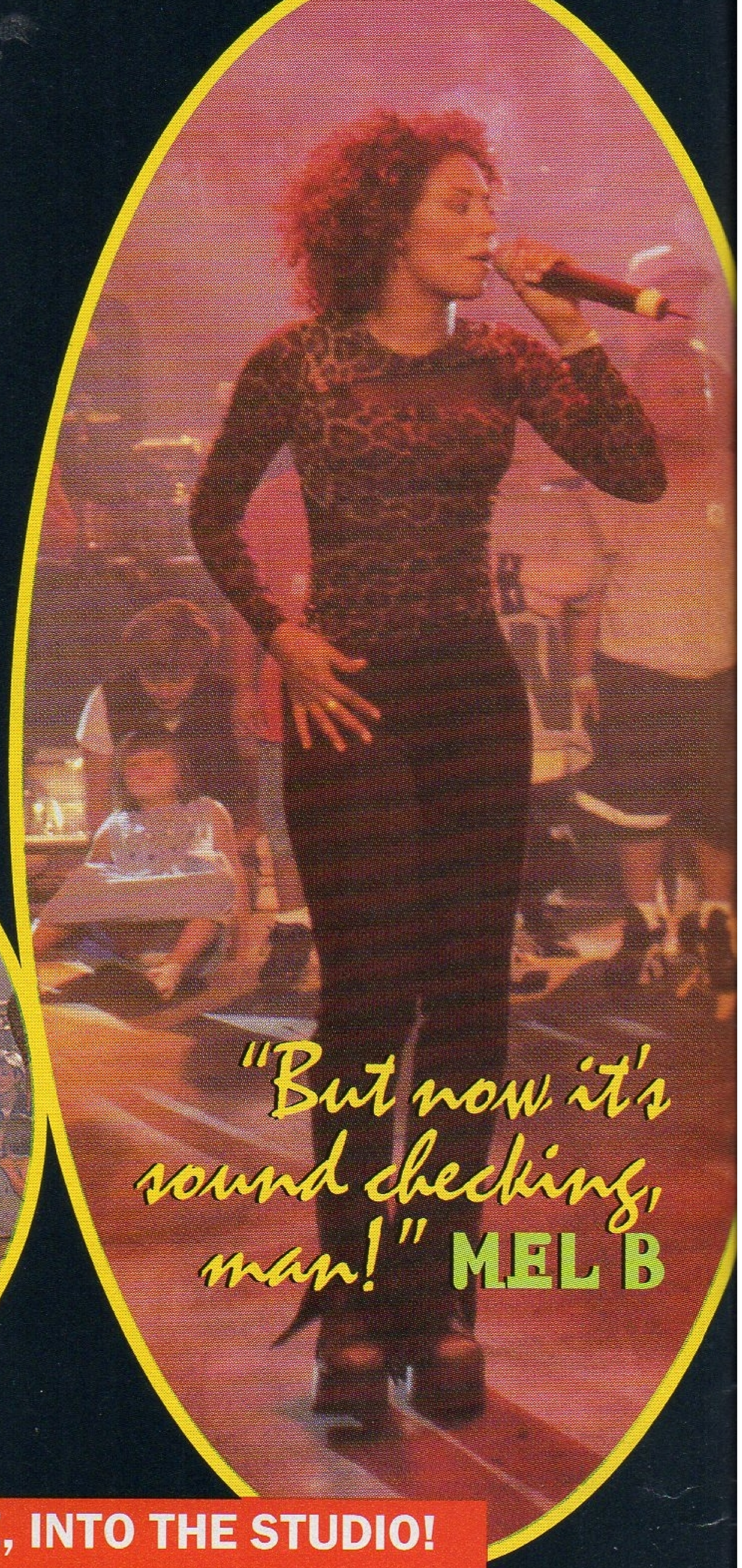
2.30PM Spice costume designer Kenny checks the wardrobe: "We're going for a black and white theme today. Mel B's wearing her leopard top with black trousers and big dusty brown platform boots. Mel C's wearing white track suit bottoms and a white top with glitter round it and her new Nike Airmax that you can't get anywhere else yet. She loves them. Emma's wearing a black outfit with coloured shoes. The options are either pink or gold. The Girls always like to have some options. Victoria might wear a black boob tube dress with a white corset, or maybe black trousers and a black top.



"It's World Cup Final day. I can't wait for the kick-off!" **MEL C**

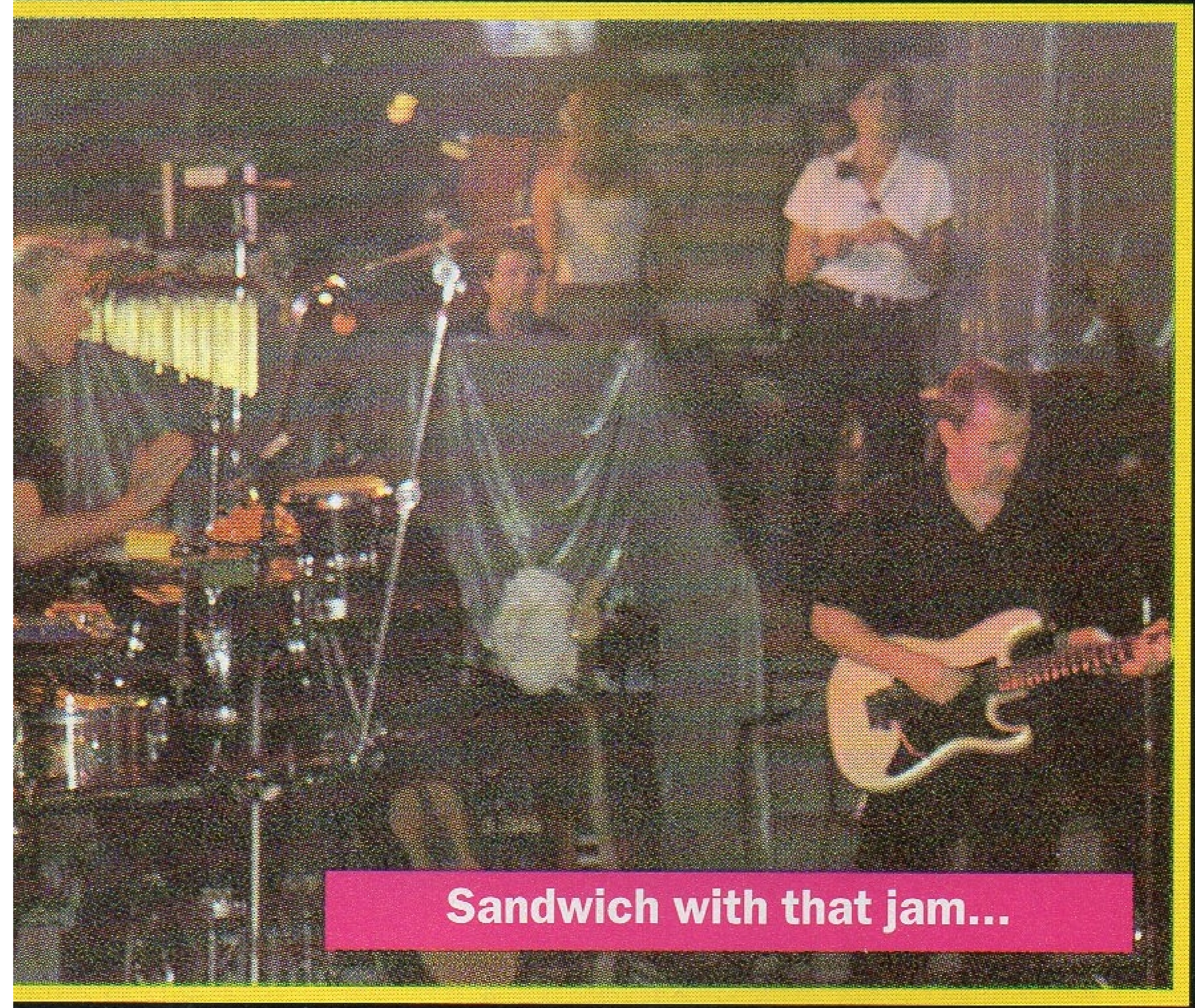




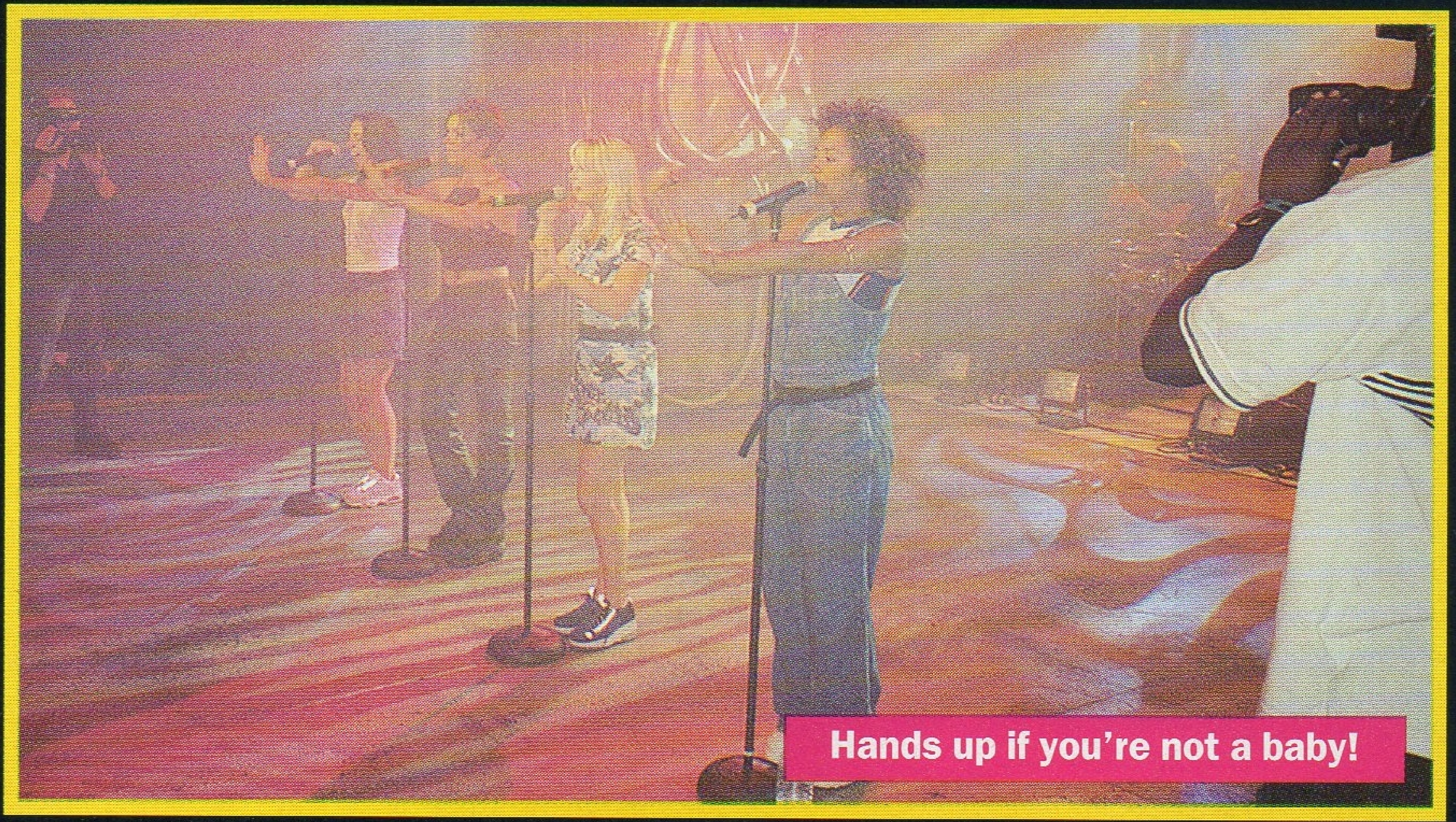


"But now it's sound checking, man!" **MEL B**

RIGHT EVERYONE, INTO THE STUDIO!



Sandwich with that jam...



Hands up if you're not a baby!

2.30PM In the studio, the band are jamming. Wicked sounds! It's time for the soundcheck, which is when we all make sure that the equipment's working and that everyone in the audience can hear us and the band, and we can hear ourselves. The floor manager says the studio's been done up to look like "some kind of futuristic industrial techno playground." Er... if you say so, mate!

2.35PM A quick rehearsal. Where are we going to come in from? Have we got enough time to talk to the audience between songs or do we just go straight into the next song?

EMMA I think we're going to come down and start 'Wannabe' straight away because it speaks for itself and then we'll say "Hi!"

MEL B Oh no, if the audience scream and shout, I won't hear the signal to go into 'Wannabe'.

VICTORIA When we sing 'Spice Up Your Life', let's pick some of the audience to dance with us on stage.

MEL B Let's grab two each. Hey, we need mic stands for 'Stop!'

spice tv special

A2.45PM Uh-oh, will there be time to take the mics off before the last song, 'Viva Forever'?

MEL C I do the minimum possible in rehearsals – I give about 50 per cent. We don't really need to rehearse the songs because we perform them every day – we just need to sort out where the cameras are. Everything takes so long because they're so fussy about the camera angles and all that.

MEL B That was really good and quick, though.

MEL C Yes, normally they want to see each number about three times!

3.05PM We've only got 55 minutes before we go on air and no-one's ready (but hey, we're not bothered!) There's always time to chat...

MEL B What about our competition to see who can get the most outrageous brightly coloured socks and g-strings. Sometimes Victoria wins with the socks, but I'm winning with the knickers today. Emma, have you got the socks that say "I love my fish?"

EMMA I haven't got those ones! Have you got them?

MEL B Yes I have actually. Maybe I'm mad but I love coming into work with a pair of socks that you lot haven't got!

EMMA Have you got the thick yellow ones with the blue bobbles on? Or the long stripey socks with different coloured toes?

MEL B No! I haven't. I've never even seen those!

So many colours, so little time...

3.20PM 40 minutes to go and three of the Girls still haven't got any make-up on! Quick!!

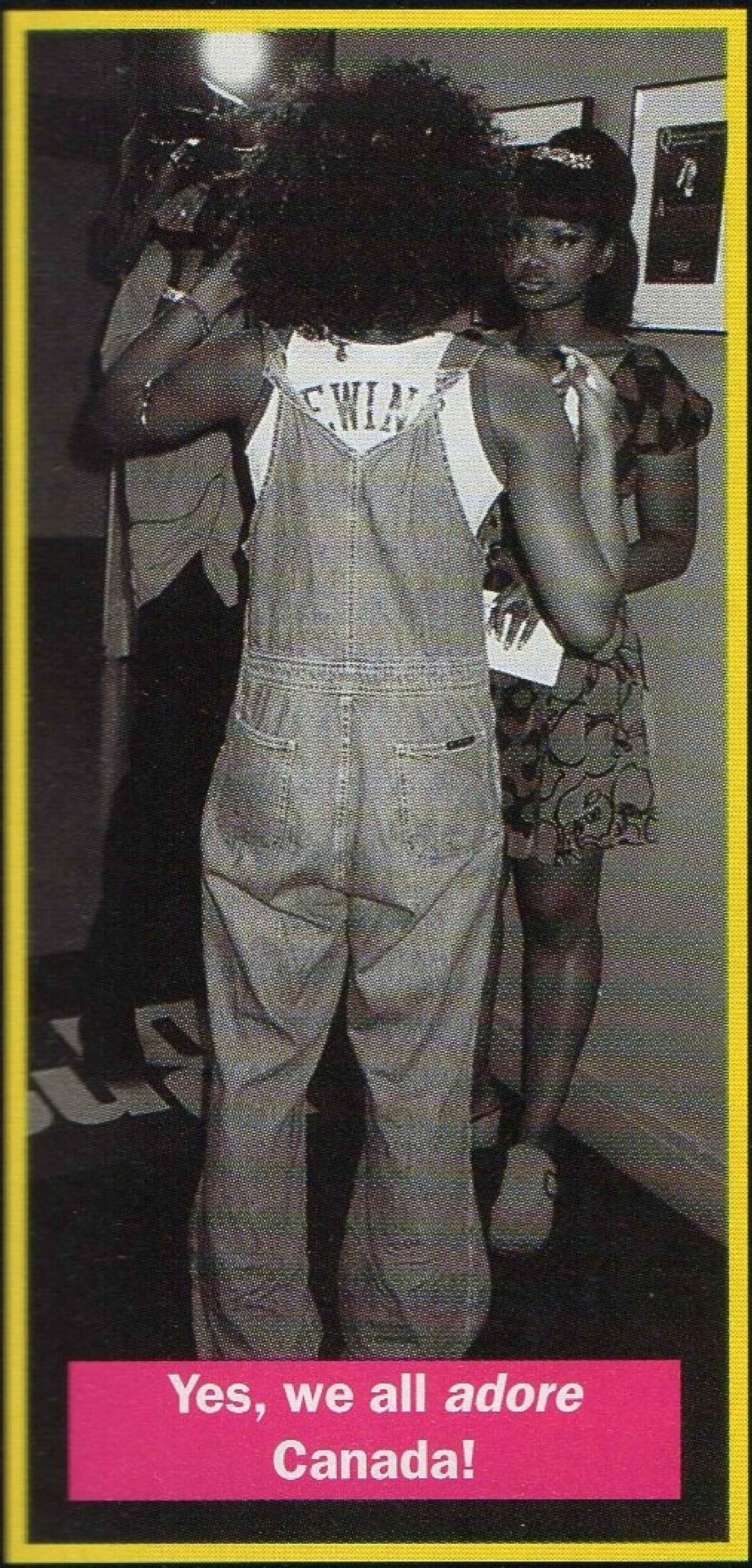
EMMA *I need a mini Mars bar!*

3.38PM

MEL B Much Music want us to do a quick TV interview. Anyone coming or shall I do it alone?

EMMA Would you mind?

MEL B No, of course not!



Yes, we all *adore* Canada!

3.45PM: Is there a clothes crisis looming?

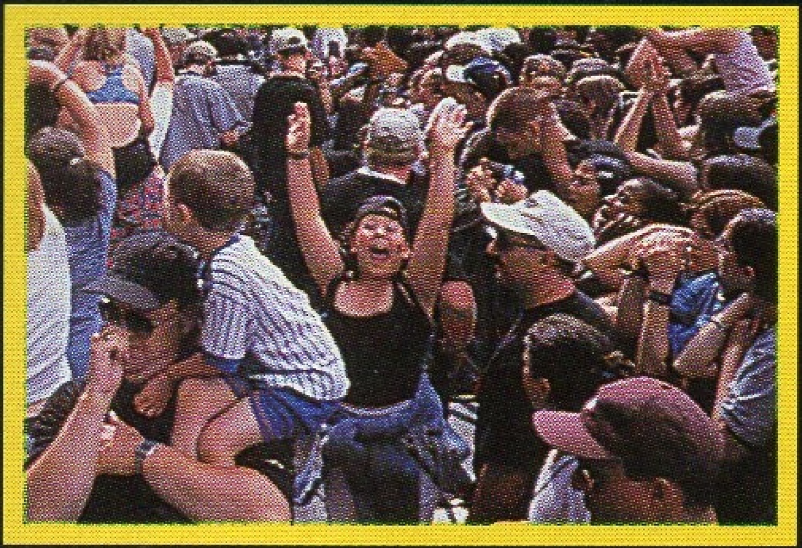
EMMA *"I don't know what I'm going to wear! I've brought all black clothes! Wait a minute, I've got a pink top, too, but I don't know how much I like it! High shoes, I think..."*

VICTORIA I'm not sure whether to wear a dress or trousers. I think I've got to wear trousers because the mic pack won't go on the dress.

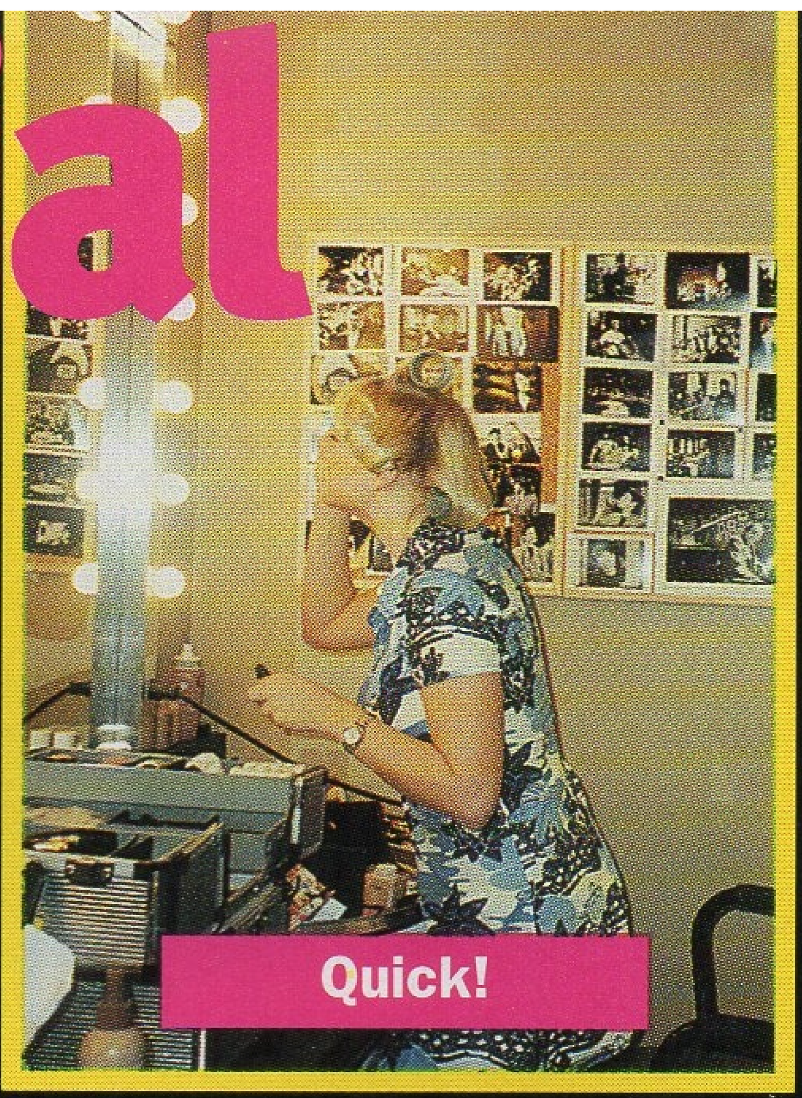
MEL C I usually have an idea of what I'll put on, but I didn't have a clue today. So I've gone for something nice and comfortable, with a bit of glitter too. I don't really care what I wear.

MEL B I'm wearing the boots Kenny got me for the 'Stop!' video.

EMMA Aagh! I need to paint my toenails, but there isn't time! Oh well. At least I've made my mind up about what to wear now. I can't wear a bra with the pink top and I need to when I'm dancing around to 'Spice Up Your Life'. So it's an obvious decision: I'm going to dress all in black!



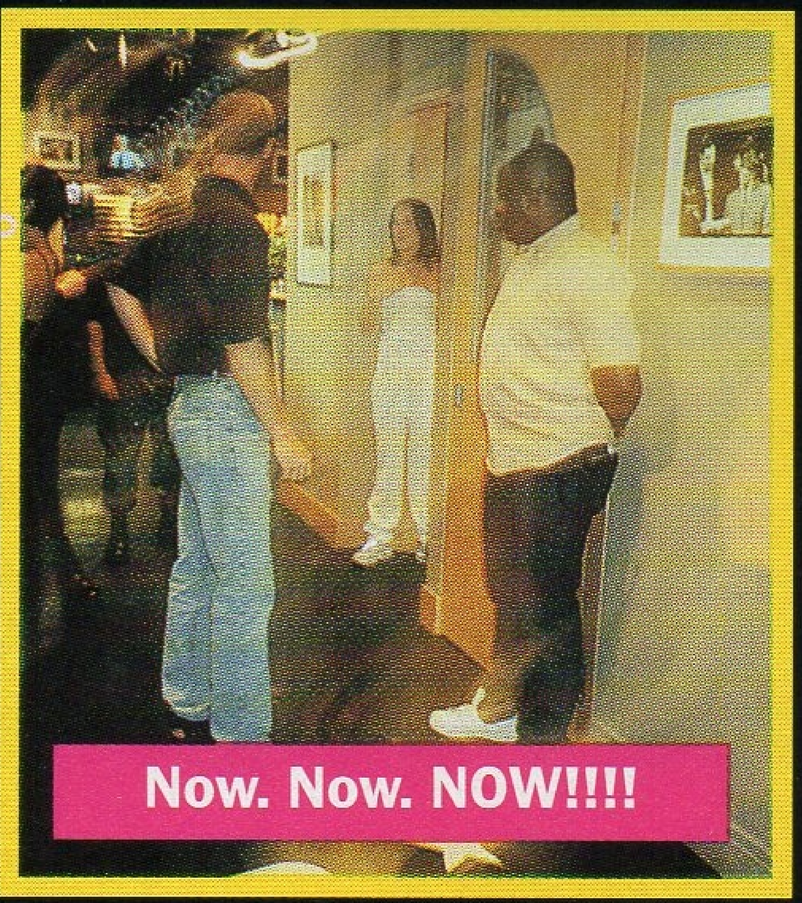
3.50PM Mel B gets her video camera out for a bit of filming and realises she's recorded over her mother's birthday dinner!



Quick!

MEL B *I just filmed the crowd outside and they saw me and*

3.55PM Anyone nervous?
MEL B No, it's fun more than anything else.
MEL C A bit, not really.
EMMA No! **VICTORIA** No. **MEL B** I'm ready!
VICTORIA Let's hope no-one asks us how we got together. It's such a long story... quick, last minute lip gloss!
EMMA I don't want any, thanks. My hair gets stuck in it!

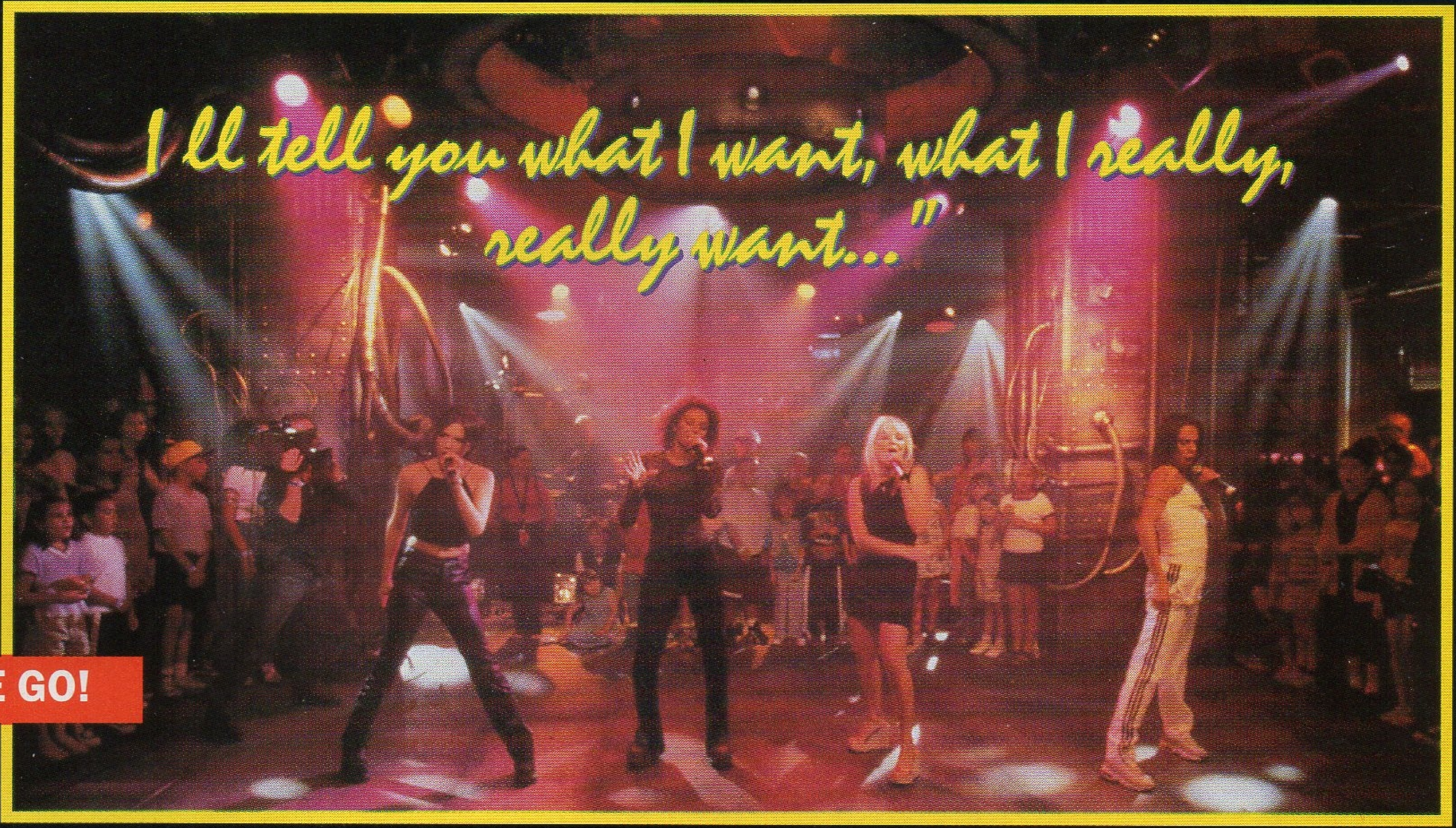


Now. Now. NOW!!!!

3.59PM One minute to go until we're on. But Emma's hair is still in curlers and she needs some mascara – now!
FLOOR MANAGER (outside the door.) We're on the air, ladies! Now. Now. NOW!!!!
EMMA You could have given us a five minute warning!
Mel B heads back for more gloss. The seconds tick away. The floor manager begins to beg. He goes down on his knees outside the dressing room.
FLOOR MANAGER Please, Girls, you have to come now!

Why on earth is he panicking? Emma's ready now and we're on our way to the studio.

4PM **TV PRESENTER** All you beautiful people, if you're feeling alright let me hear you say Spice Girls!
AUDIENCE SPICE GIRLS!!!!



HERE WE GO!

4.30PM Question time!
GIRL IN AUDIENCE Do you think you've had a lot of influence on other girl bands?
VICTORIA When we first started out it was very difficult for girl bands and no-one would put us on the front of a magazine. Everyone said that girl bands wouldn't work, so it's great to see so many of them out there doing so well now. It's wicked!
MEL B It used to be just boy bands so it's good for girls to be doing it for girls!

4.55PM Victoria shows Canada that she can juggle with four balls! Emma does some tap dancing and martial arts. Mel B plays the drums.
VICTORIA I wasn't expecting that at all!
5.30PM 5 songs and a thousand questions later, it's: "Thank you very much, that was wicked!"
MEL B That was great!
5.45PM On the bus again. Bye!

Hi Mum! What's happening in *Eastenders*?

6PM **EMMA** Time to sign a few autographs while chatting to mum on my mobile.
6.05 Phew! It's all over.

Reflex action!

Have you heard of reflexology or alternative medicine? It's a way of keeping fit and healthy by natural methods rather than by taking pills and drugs with chemicals in them

EVERYONE KNOWS THAT IF YOU STING yourself with nettles, you use a dock leaf to soothe the pain. Well, there are many other plants, flowers and herbs with healing properties. Lots of people drink herbal teas for healthy reasons and Bach's Flower Remedies, which are made from plants, can be used for hundreds of different illnesses, from hay fever to claustrophobia. (Ask your chemist about them, or go to your local health food shop for advice.)

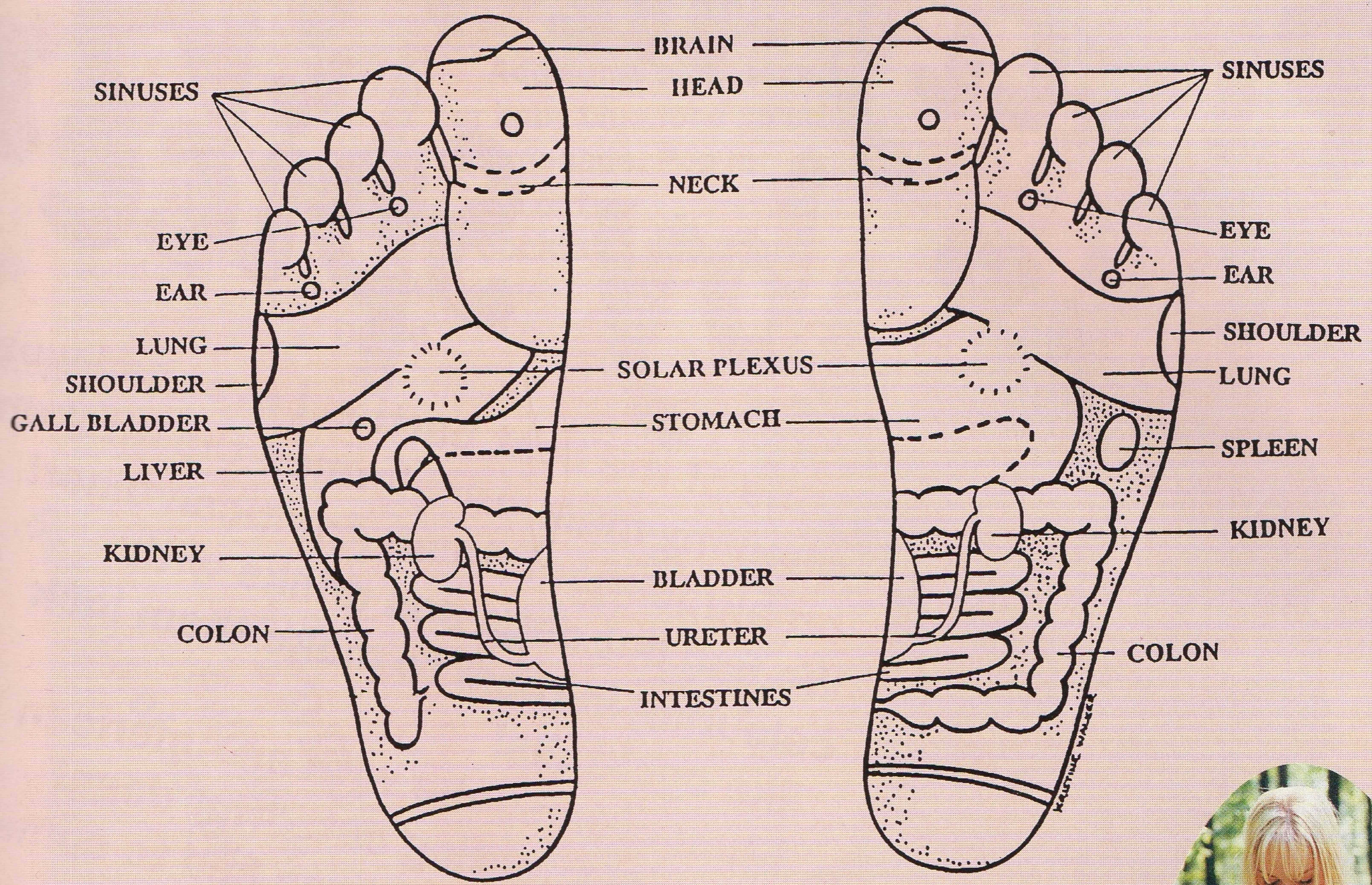
MY FAVOURITE FORM OF ALTERNATIVE medicine is reflexology, probably because my mum has trained to be a reflexologist. She often treats me and the other Girls to help us through our hectic everyday life. Reflexology is very relaxing and can be done anywhere at any time. Just slip off your shoes and have your feet massaged!

HOW DOES IT WORK? WELL, YOUR WHOLE body is mapped out on your feet. Your head equals your toes, your tummy equals the middle part of your foot and your waist and lower bits equal the bottom half of your foot. Touching parts of the feet is like touching parts of the body, so touching your big toe is like touching your head! If you hurt yourself, you rub it to ease the pain, don't you? Well, reflexology is kind of like that, but a little bit more technical.

IF YOU ARE IN A STRESSFUL SITUATION, like before an exam or sports day, or you just feel a bit under the weather, ask your mum or a friend to massage your feet. Put on some calming music ('Mama', '2 Become 1', 'Viva Forever') close your eyes, imagine you're on a beach and it's lovely and warm and you're relaxing in the sun. If you're older, imagine your favourite bloke is rubbing your feet! When you're feeling calm, it's hard to think of anything horrible, so this gives your mind a nice rest.

MY MUM GAVE MY NIECES AND nephews reflexology when their parents split up. Not only did it help them, it made them feel special too, because they were getting lots of attention. They even wanted to rub each other's feet, which was great, as they're normally fighting each other! Also, my auntie had a bad shoulder (a frozen shoulder) and nothing helped. So my mum gave her reflexology and – hey! – it got better.

REFLEXOLOGY HAS HELPED ME A LOT over the years. Just before Christmas last year, we were working really hard and I was quite stressed. I wasn't sleeping well and I was having a lot of headaches. One night when I couldn't sleep and I had a splitting headache, my mum gave me reflexology and I completely conked out. The next morning I'd forgotten that she'd given me reflexology and forgotten that I'd ever had



a headache. It was a whole new day and a whole new me!

MY MUM'S DONE REFLEXOLOGY ON all the other Girls, too. I remember she did it on Geri first. Geri didn't tell my mum what was actually wrong with her but as my mum was doing reflexology on her she said to Geri: "You've got a bad knee." And Geri said: "Yes, that's right!" My mum knew that just by massaging Geri's feet! In the same way, she also discovered I had a kidney problem.

MEL B Pauline gave me reflexology once and it really cleared my mind!

MUM GAVE HEALING TO MEL C TOO, when she couldn't sleep. For the next week Mel slept really well, even though we were really busy and stressed at the time.

I'VE NEVER REALLY TAKEN PAINKILLERS. A massage or a relaxing bath is often just as good. If you've got a headache or you've been stressed at work or at school, try not to reach for the aspirin immediately. Instead, lie down on your bed, watch some telly and chill out. You could also try lying back, closing your eyes and thinking about nice things, or just ask someone to give you a foot massage. It usually works for me!

HeAltHy hEaliNG

Alternative medicine is becoming more and more popular and homeopathic remedies are available at health food stores and even Boots.

YOU SHOULD ALWAYS READ THE INSTRUCTIONS AND IF YOUR SYMPTOMS PERSIST YOU SHOULD CONSULT A DOCTOR.

Here are some remedies for a few common illnesses:

ARNICA I TOOK LOTS OF ARNICA WHEN I hurt my ankle in Istanbul. It helped with the swelling and discolouration of the skin. It is very good for period pains, too.

RESCUE REMEDY (BACH'S) I FIND THAT putting a few drops on your tongue always helps when you're feeling anxious or stressed.

PULSATILLA, CAUSTICUM OR NAT MUR are all good for Pre-Menstrual Tension. **FEVERFEW and BIDOR ARE WHAT YOU** should reach for when you get a headache. **SULPHUR and RHUS TOX WILL HELP** clear up spots and are good if you've got dandruff, too. **ACONITE IS A GOOD REMEDY IF YOU** get a lot of nosebleeds.

There are lots of other methods of healing, but whatever you choose, make sure they are recognised with an official body. Anyway, enough of this!

Be Happy!

To find out more about reflexology, ring the **Association of Reflexologists** on **0870 567 3320** or write to them at **27 Old Gloucester Street, London WC1N 3XX.**

HOW TO HAVE A

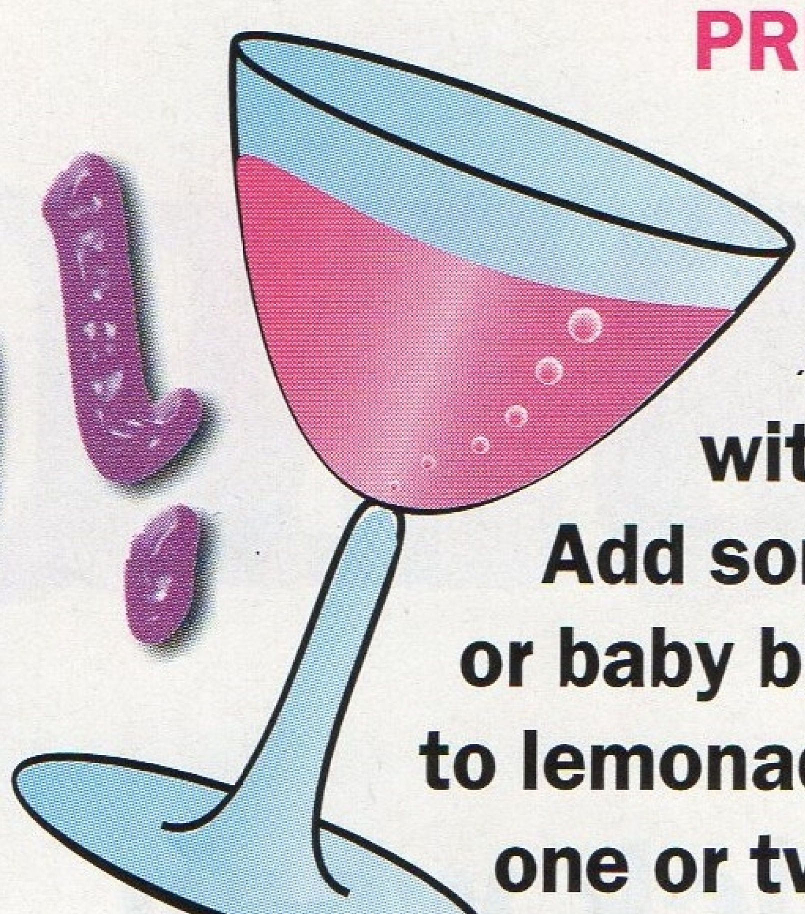
Pretty In Pink Baby Spice P[arty]

One of the best parties I ever had was when my mum transformed the kitchen breakfast bar into an American diner! We had hot dogs and drinks with colouring in them to make them look like cocktails! Mum even spoke with an American accent, shouting out: "Hot dogs! Hamburgers!" and you had to come in and say: "A hot dog please!" It was really brilliant! Every time I had a party she would make up a different theme and she always had good ideas.

DECORATE!

Put pink paper chains, crepe streamers and lots of pretty flowers all round the room.

Party!



DRINKS

PRETTY IN PINK COCKTAILS!

Decorate some clear plastic cups with pink glittery stars
Add some pink, purple or baby blue food colouring to lemonade. Pop in one or two cocktail umbrellas
Drink!

OTHER GAMES

Musical statues with Spice Girls music.
Kiss chase (if there are any boys around)

GAMES

BABYFACE!

Tell all your friends to bring a baby picture of themselves and give it to your mum
Ask your mum to put out all the pictures when the food's cleared away
Guess who is who!

PIN THE HEART ON THE SPICE GIRL

Put your favourite Spice Girls poster on a pinboard
Cut out a pink or red paper heart and stick a drawing pin through it
Put on a blindfold and try to pin the heart on your favourite Spice Girl!

VIDEOS

Pollyanna,
Rebecca of Sunnybrook Farm

BABY FOOD!

HOW TO MAKE A PARTY BOX

You will need:

- Plain white cake boxes (get them from the local baker – you might even get them free, but they should be cheap)
- Crayons or felt tips
- Brightly-coloured sticky stars
- Lots of pink ribbon

Take each white box and decorate it with pretty pictures.
Write each guest's name in sparkly stars and tie up with pink ribbon!

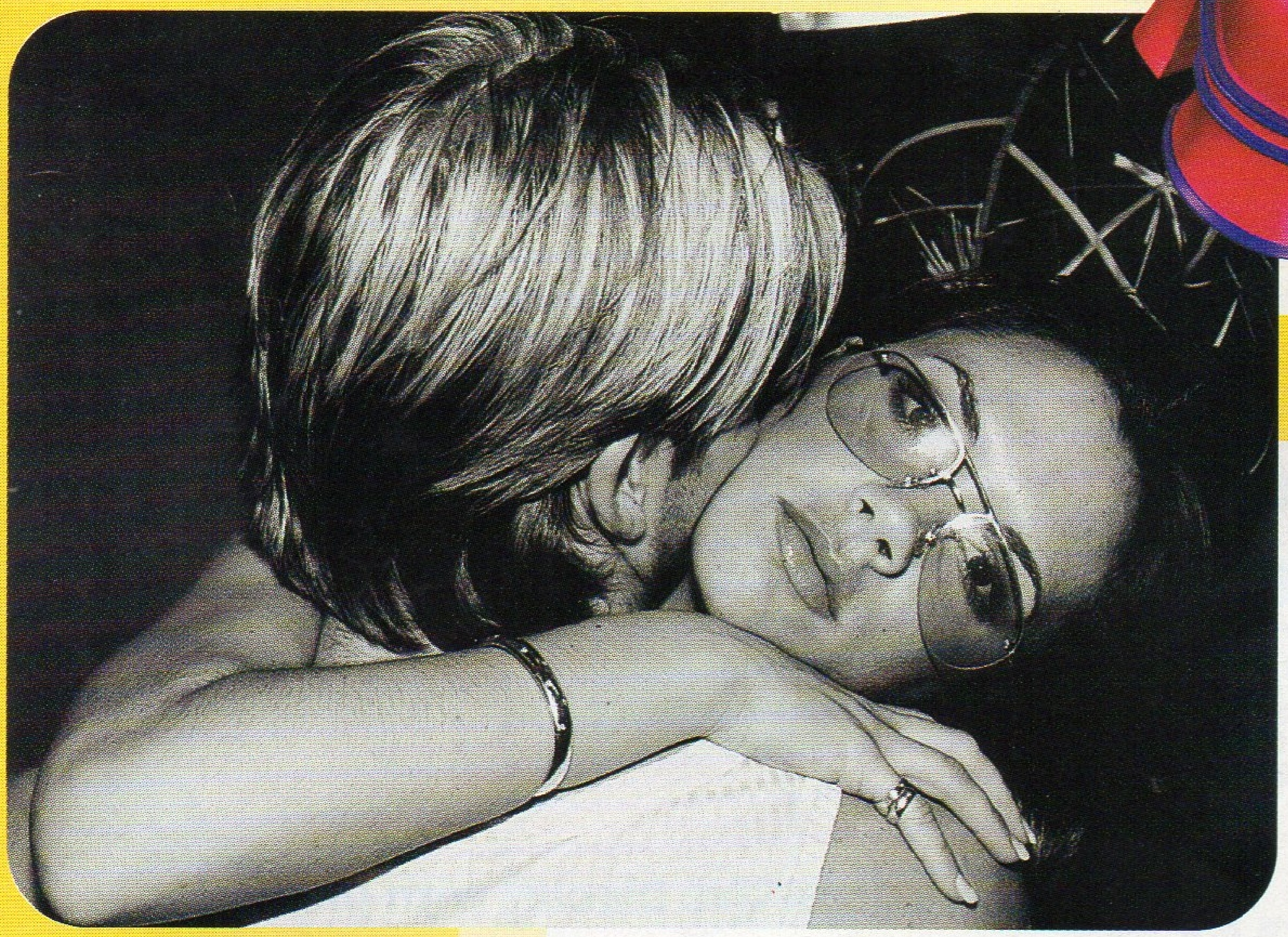
EACH BOX CONTAINS

- Pink salmon sandwiches cut into quarters
- Two fairy cakes with pink icing, hundreds and thousands and a smartie in the middle.
- One digestive biscuit with pink icing
- A piece of pink fruit – peach, plum, nectarine or cherries
- Red jelly and pink blancmange in a pot
- One ChupaChup
- One dummy (optional)
- A curly-wurly straw
- Two cocktail umbrellas (for Pretty in Pink cocktails)
- A pink cracker

THERE'S NO PL

We all get a little homesick when we're away. Here's what we miss the most – and how we cope!

There's no place like home... There's no place like



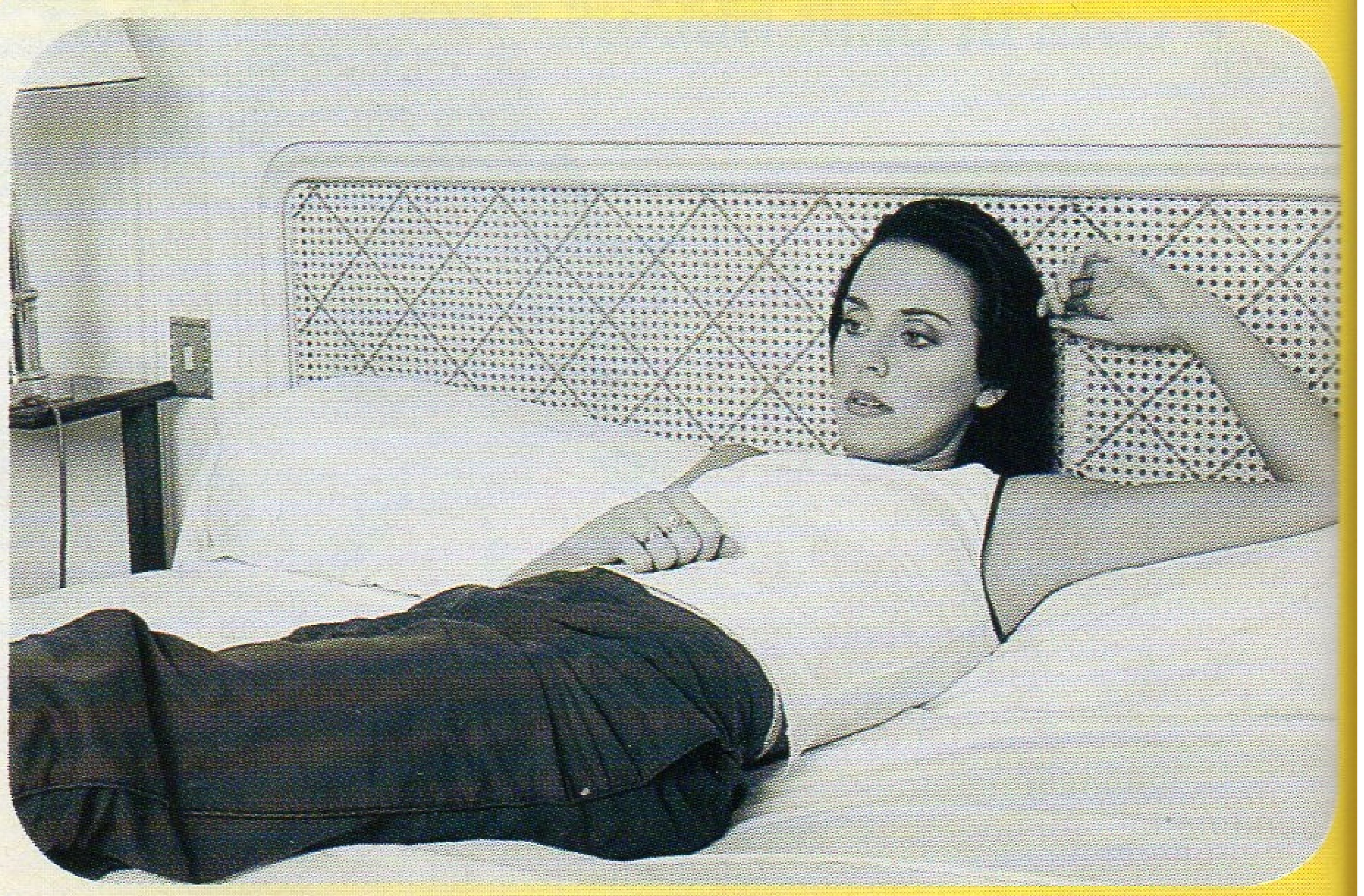
VICTORIA

How do I cope with homesickness? I just have a breakdown and cry a lot. If David were with me the whole time, I wouldn't give a monkey's about going home for at least the next two years. But he's not, and I miss him a lot.

The other day I phoned home on my brother's birthday and my mum told me that all my family and the new baby were going out for a meal. My mum said: "You can't come because you're not here," and I said: "Well, that's stating the obvious!" I can't wait to have a whole weekend at home – a whole Saturday and Sunday to chill out and do nothing.

MEL C

I miss English things when I'm abroad – things like English TV. Obviously I miss my friends and family, but I also miss my lovely local gym. I miss my own bed, too! If we're feeling homesick we deal with it by eating lots of nice English food, like baked beans, spending lots of time on the phone home and hanging out with each other. It's not too bad – you always know you'll be okay the next day.



CE LIKE HOME

EMMA

When I'm at home for too long, I get itchy feet, but I always get homesick when I'm away. I really miss getting ready to go out on a Saturday night and watching *Blind Date*. I miss my boyfriend a lot, too. We ring each other all the time, but it's hard, because the phone makes you feel so close and so faraway at the same time. We send each other pictures of ourselves, which is nice.

When you're feeling homesick, sometimes it's nice to go with it and let it out, because if you try and fight it you'll just get it again within a couple of days. The other day, I rang home and heard the *Eastenders* theme tune playing at the other end. That really upset me, so sometimes it's best not to ring up!

ne...There's no place like home...There's no place like home...

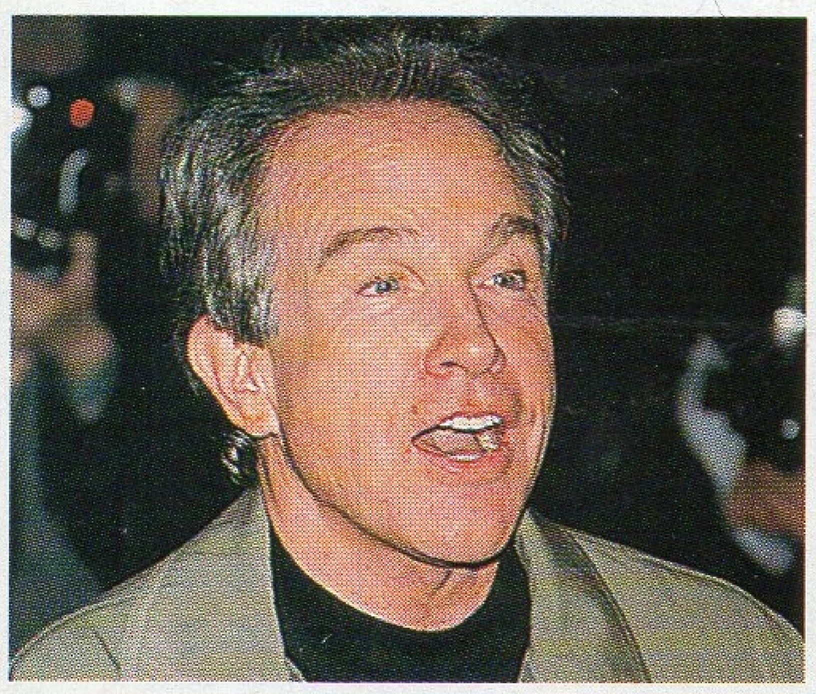
MEL B

I like travelling, but not on really long trips. I think it would be nice to travel when you want – to be able to say: "Oh, I'm bored today, so I'm just going to pop off to America and do a show." It would be great just to do one show a week and have the rest of the time off. We don't have any time to ourselves on tour – we do a show, then rush on to the next city to do another show, with the occasional day off. But even when we have a day off, we're thinking about the show for the next day. I'd like time off just to do nothing and think about nothing! It's important to have enough time to decide what you want and what you need to be happy.

I don't actually feel 'home-sick' because I haven't lived at home for ages and I've just bought a new house. Mostly I miss everyday things, like meeting a friend to go for a drink in Leeds or London. I miss the life I have there, even just driving in my car on my way to see Rebecca or driving home. But I try to keep myself in a good mood all the time by calling home and doing interesting things on my days off.

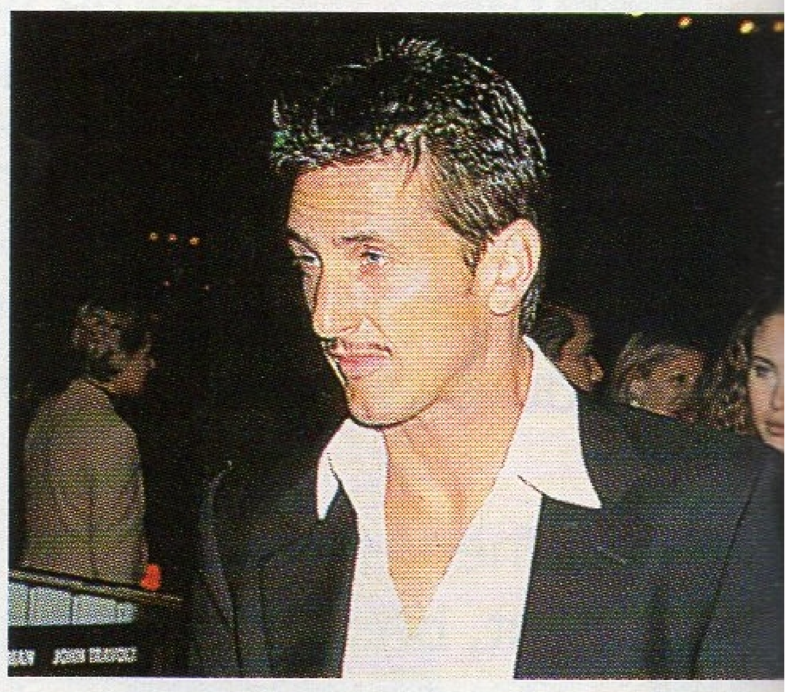
STARSPOTTING WITH MEL C!!!

When we're backstage, or in the hotel or even up on stage looking out into the audience it's amazing the famous people we see...



WARREN AWAITS!

I MET SEAN PENN AND WARREN BEATTY in the bar of the Four Seasons Hotel. I'd already met **Sean Penn** at a concert, so I walked past and said: "Hi Sean!" to show off to my mum! Then **Warren Beatty** called me over and I signed an autograph for his daughter and made him come over and meet my mum. Another night we saw **Jon Bon Jovi** and I got him to come over and say "Hi" to my mum, too. And one night **Bryan Adams** and his girlfriend invited me out for dinner! He's really nice and loves telling jokes all the time.



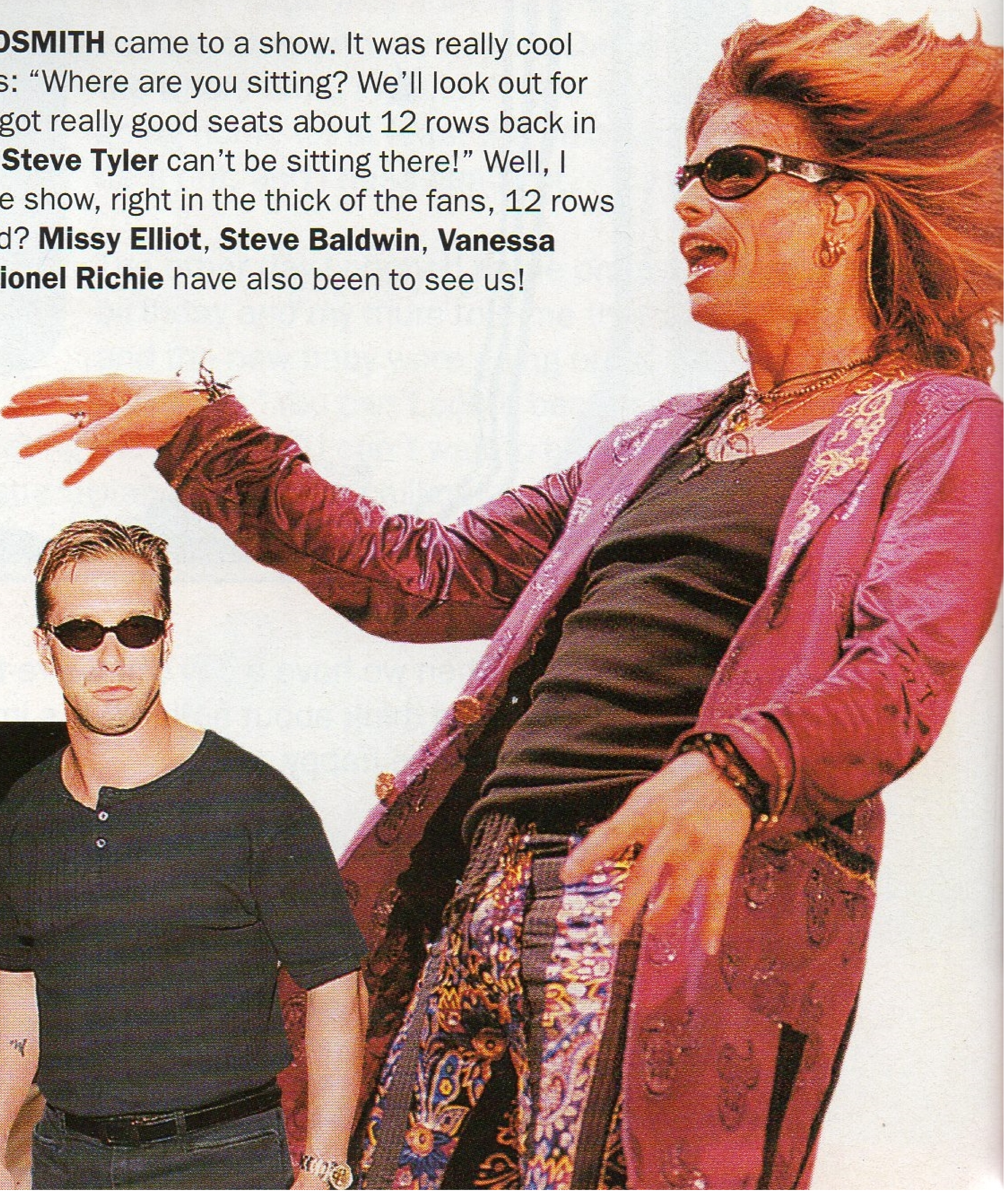
When we were in Philadelphia, which is quite a mouthful, I hadn't rehearsed how we were going to say it. I jumbled it up and said: "Philaphilawewedeweee", then got the giggles and fell on my knees with laughter. The other Girls fluffed it all up as well, so it was a right shambles! While Lou was carrying me off on his back at the end of 'Walk of Life', I was bouncing against him, because I was shaking with giggles.

ELECTRIC SHOCKER!

OUR GIG IN NEW JERSEY was on Long Island, which is a really weird place. It had been raining and it was very damp. Well, the power had gone down all over the island and it took an hour and a half to get the generators up and working. Even then we didn't have enough power to work all the lights, so we had to do it in just a white light and the stage was wet, so we had to be very careful about not slipping over. It was a real shame, but the audience were still very enthusiastic. That was a hard gig!

STARTASTIC AUDIENCE!

STEVE TYLER FROM AEROSMITH came to a show. It was really cool because we said to his kids: "Where are you sitting? We'll look out for you." His wife said: "We've got really good seats about 12 rows back in the middle," and I thought, "**Steve Tyler** can't be sitting there!" Well, I could see him throughout the show, right in the thick of the fans, 12 rows back! Isn't that mad? **Missy Elliot**, **Steve Baldwin**, **Vanessa Williams** and **Lionel Richie** have also been to see us!



YO BABY!

WE INVITED MADONNA TO come and see the show at Madison Square Gardens and she came! We were quite nervous because it was an important gig and I was absolutely petrified about **Madonna** watching it, too. She came in at the interval with **Lourdes**, her little girl, who is really beautiful. It was quite funny because no-one was taking any notice of her, because the baby was there!

BIG APPLE

WHEN WE FINISHED THE TOUR, we had four days before we were allowed back in Britain. The other Girls went off on little holidays – **Mel B** went to Amsterdam with **Jim**, **Victoria** went to France with **David**, **Emma** spent some time in Ireland – and I decided to spend four days in New York.

HOTEL HIP

LIAM GALLAGHER AND PATSY Kensit were in the Four Seasons Hotel in New York while we were there and it was quite funny because I was hanging around in the lobby loads to try and see him. Was he avoiding me? Ha! I bet he was. **Emma** saw them checking in and when **Liam** turned round and caught her eye, his face dropped in disbelief, apparently! We also saw **Cindy Crawford** in the bar. She's really nice.

DATE WITH MADONNA!

WHEN I WAS IN NEW YORK, I WENT TO SEE Alan Cummings (who was in ***Spiceworld: The Movie***) in the show ***Cabaret*** and afterwards we went out and had some fun, which was great. I'd said I wanted to meet **Madonna** and chat, so the next day I got a call from the office saying that **Madonna** was going to call me. Eeek!

Madonna's assistant then called and said **Madonna** was on a conference call, but she'd ring me as soon as she'd finished. So I sat in my room and started to get really nervous. Then the phone went and I said: "Hello?"

It was her! I was really worried about what I was going to say, but she was very cool and easy to talk to. So we were just chatting and she said: "What are you doing tonight?"

I said: "Oh, I've got no plans."

She said: "Do you want to go out to dinner?"

I said: "Yeah, I'd love to!"

So I went out to dinner with **Madonna** and the guy she runs Maverick Records with, and a few other people. I was quite quiet because I didn't really know any of them, and I felt like a little mouse! Afterwards she gave me a lift home and we had a little chat, just the two of us, which was really, really nice!

She was really interested in England, because she loves London and she wants to move here. She asked me questions about things like the dole, too. So I told her about housing benefit and she found it really intriguing!

When she dropped me off, she said: "Give me your numbers in London and I'll give you mine because I'm coming over there soon." So I'm going to take her out for dinner when she comes!

Anthony, the lead singer of the Red Hot Chilli Peppers is now a good friend of mine. He took me out to lunch, then took me for a tattoo! He even helped me design it. He was laughing at my face while I was having it done because I was trying to be dead cool, but I couldn't help wincing a bit!

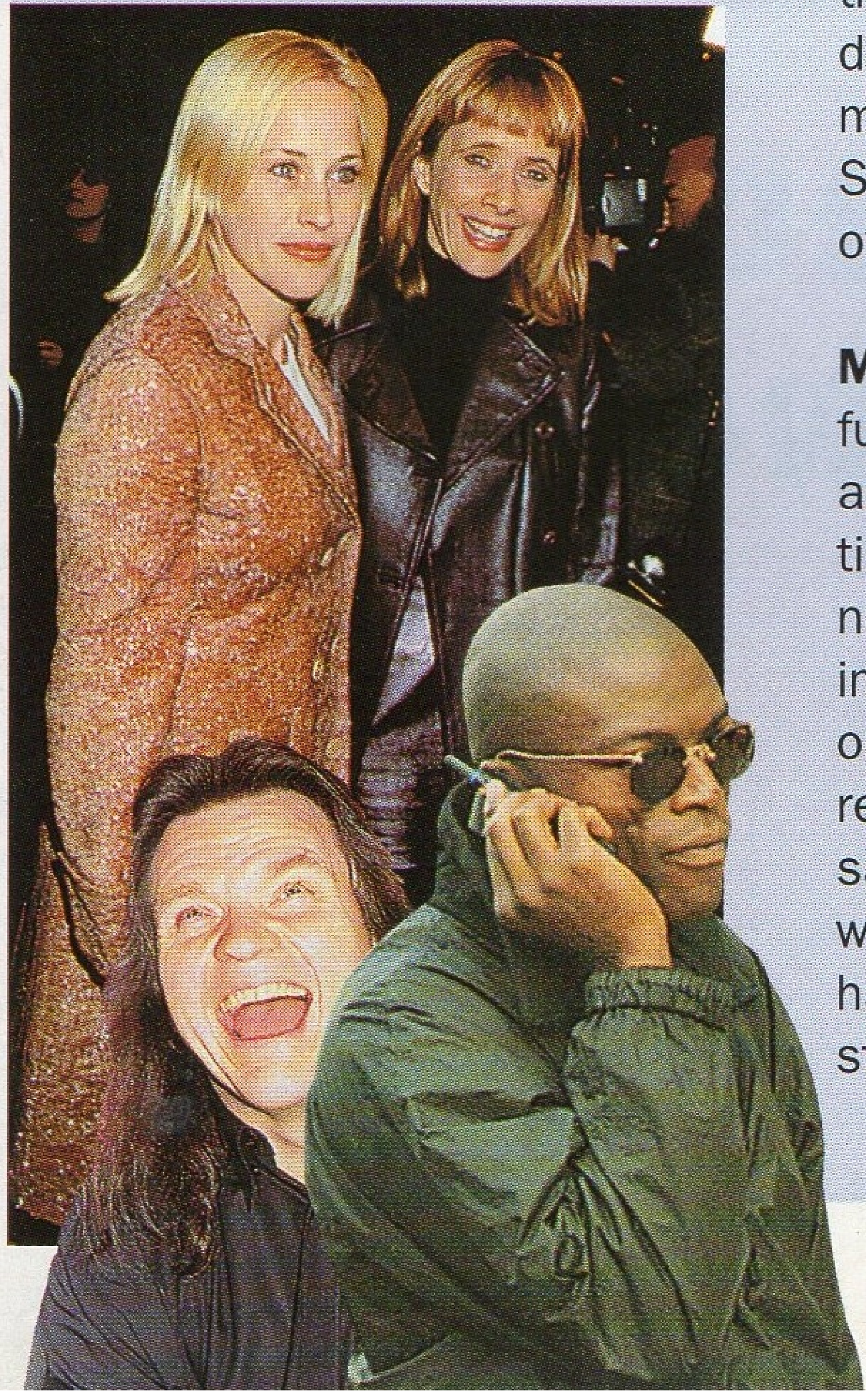
ON STAGE, AFTER 'DO IT', I ALWAYS NAME CHECK THE CITY where we are and then we do 'Walk Of Life', which starts "London Town is rocking". Wherever we are on tour, we'll sing that city's name instead of London, but sometimes, we've only just flown in, had our dinner, got ready and jumped on stage, so we haven't had a chance to think or know where we are! Then we panic and whisper to each other: "Where are we? Where are we?"

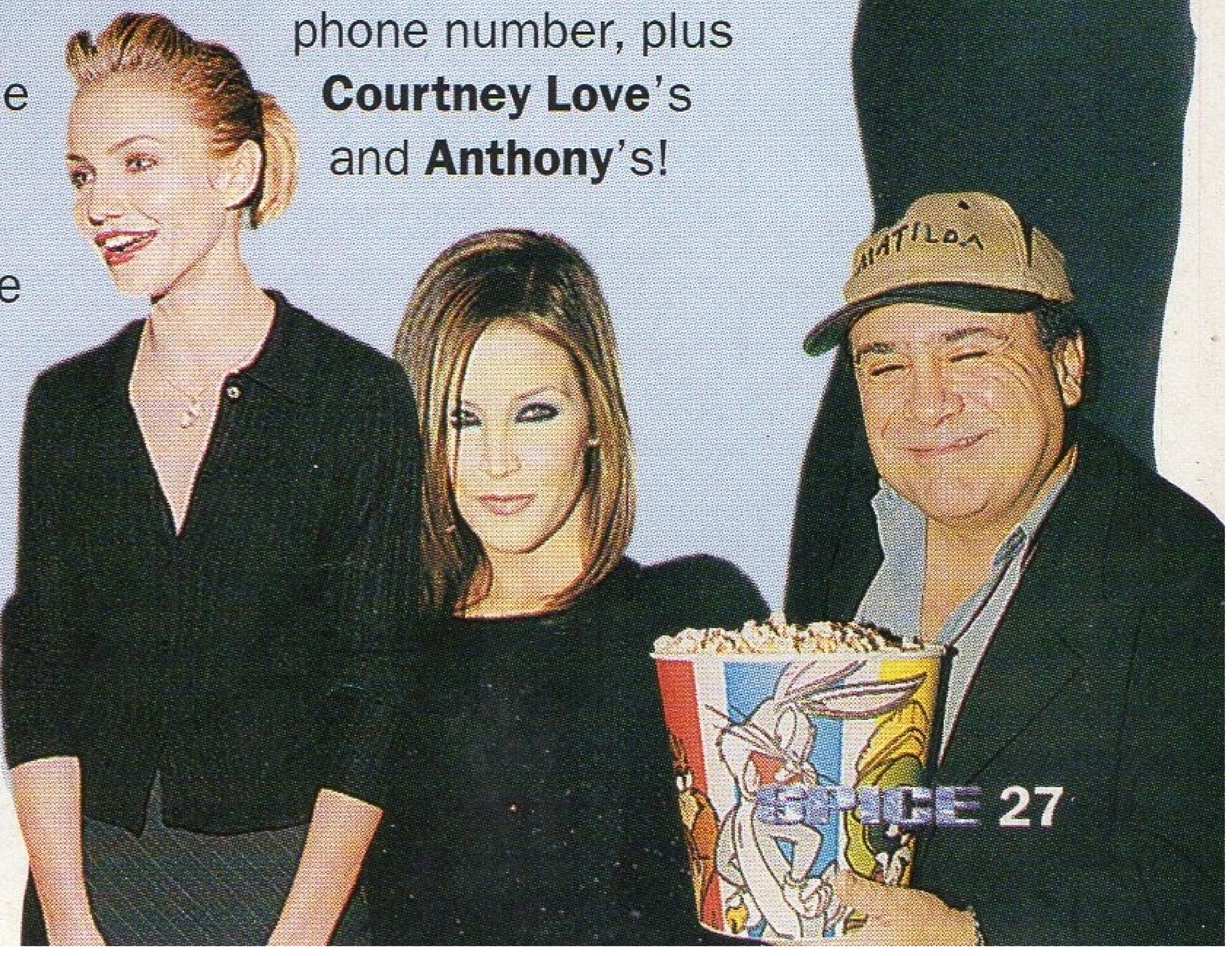
PERFECT PARTY ANIMALS

WE WENT TO COURTNEY Love's party and I met **Drew Barrymore** – wicked! She's really sweet. **Courtney Love** is a nutter and she kept speaking to me in a Scouse accent, because she used to live in Liverpool. At one point she was trying to clamber over some chairs and **Emma** and I were trying to help her so that she didn't fall over. Well, by mistake I grabbed her boob! Still, it stopped her from falling over, so that was alright!

I also met the guitarist from **Marilyn Manson** – he was funny – and I talked to **Seal** and told him about the time we found his phone number and did seal impressions (Ark! Ark!) on his answerphone. He remembered it! He said: "Oh my god, that was you! I thought I had some mad stalker!"

Meatloaf was there and **Rosanna** and **Patricia Arquette**. I met **Cameron Diaz** and **Ben**, from that movie called ***Something About Mary***. **Danny DeVito** was there, too – and **Lisa Marie Presley**! I've got a wicked address book now – **Madonna**'s phone number, plus **Courtney Love**'s and **Anthony**'s!





HaiR-RaiSinG Stuff

It's great fun trying new hairdos, but you've got to look after your locks...

VICTORIA

WHEN WE were on tour I washed my hair twice a day – once when I woke up in the morning and again after I came off stage, because my head was itchy under the wig I wore. I don't really care which shampoo I wash my hair with and I often use the free stuff in my hotel room. I'm also happy to use a 2 in 1! As long as I've got some conditioner it doesn't matter. I'm always blow drying my hair, which makes it quite dry, so I do need conditioner.

Fantasy hairstyle?
Short and very blonde.

MEL C

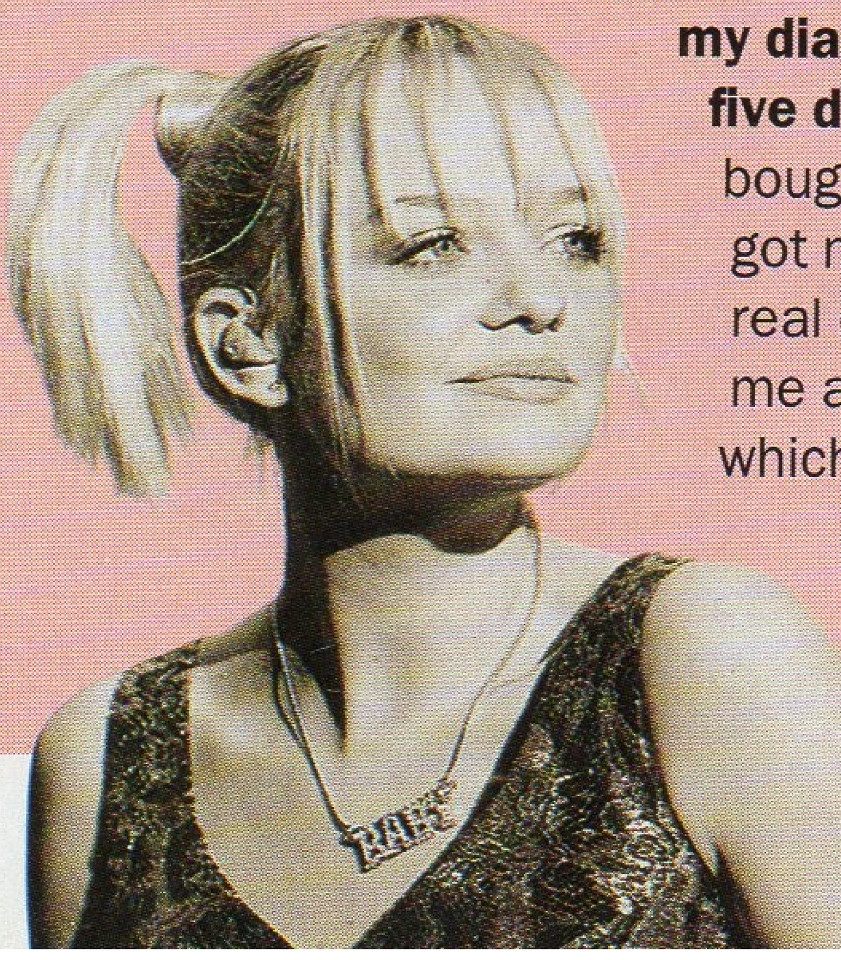
I OWE MY BEAUTIFUL HAIR to my very healthy diet! I eat loads of fruit and vegetables and I think it really helps. I use Aveda shampoo. It's quite expensive, but if you can afford it then it's truly worth it. It's got herb and flower extracts in it. I use Black Malva Shampoo and Rosemary and Mint Conditioner. The minty conditioner's really nice because when you leave it on your head, it tingles! (Tea Tree Oil Shampoo has a similar effect)

I wash my hair quite a lot because I train, but I think it's best not to wash it too much. Ideally I'd wash it once or twice a week, but realistically I have to wash it most days.

Fantasy hairstyle?
No hair! I wish I had the face to get away with being bald.

What jewellery do you always wear?

VICTORIA **A Rolex**, an **engagement ring**, the **Spice Ring** that Geri bought for each of us and my **claddagh ring** that Mel C bought. I also wear a **diamond ankle bracelet** and my **cross**, but that's broken. I keep my stud earings in, too – I wouldn't wear dangly earings, it's not that I dislike them, I just don't have a pair.



EMMA
I always wear my **spice girl ring** from Geri and the **cross** that the girls bought me for my 22nd birthday. I've always got **my diamond earing** and a **five diamond ring** which I bought myself. My mum got me a **baby necklace** but with real diamonds and also she bought me a necklace with a **dummy** on it which is lovely.

top locks

MEL B

SOMETIMES my hair's quite dry and sometimes it's greasy, depending on which product I've put in it. My hair looks after itself, really. Often I don't put anything in it and I just wet it and blow dry it. I'm trying to grow it, so I haven't had it cut for a while.

Fantasy hairstyle?
Really, really, really, really short!

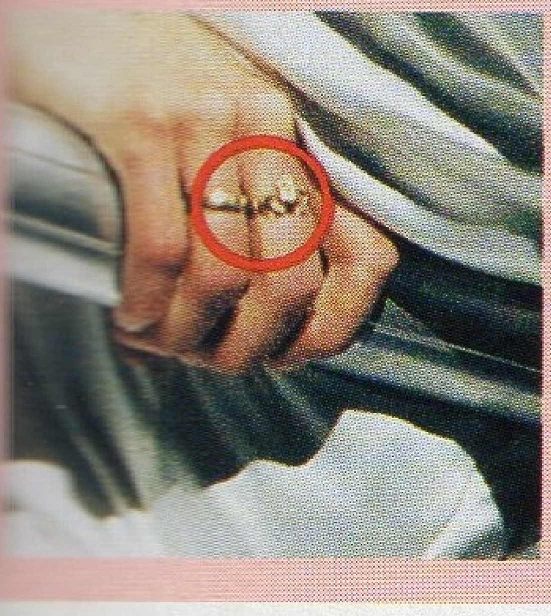
EMMA

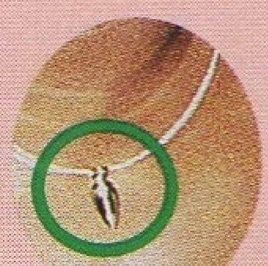
I wash my hair every day, which isn't good for it, but I have to because it gets greasy. I use Aveda shampoo and I always have to use conditioner because my hair's very fine and very flyaway. My hair's the hardest because either I don't put conditioner on and it goes all flyaway or I do put conditioner on and it gets greasy. If you've got hair like mine, find a good conditioner and don't put too much on!

I get my hair cut whenever I feel I need to. My mum gives it a trim every now and then and we had a hairdresser with us on tour.

Fantasy hairstyle?
Long, thick and blonde.

MEL C I have a **silver and gold Rolex** with a diamond face. I wear my **Spice Ring** from Geri, my **Cladagh ring** like the one that I bought for all the girls and a **diamond solitaire** that my Nan gave to me. I wear a **sleeper** through the top of my **right ear**, a **diamond nose stud**, a **solid gold tooth**, of course, and a **big chunky gangster chain necklace** and **bracelet**.

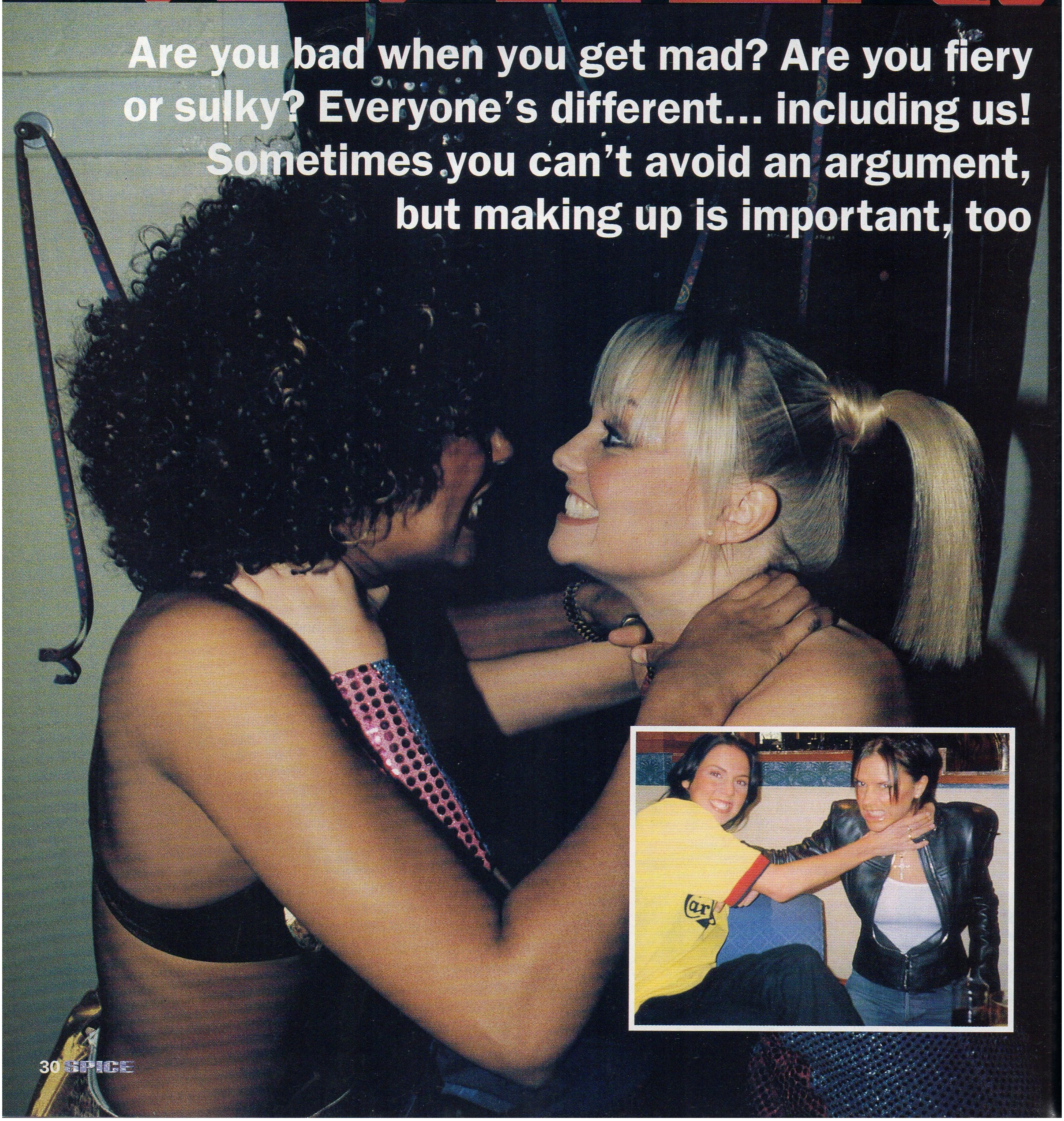




MEL B I wear my **engagement ring**, my **Spice Ring** from Geri, **claddagh ring** from Mel C, my **watch** and my **armband** that my mum bought me for my 21st. It's like a snake with emeralds for the eyes. I bought myself a **necklace**, but I very rarely wear it. There's my **tongue ring** and my **ankle bracelet** that the girls bought me – it's an emerald which is my birthstone, there's an emerald in my **eyebrow ring**, too – and a **toe ring**.

TEMPER! TEMPER!

Are you bad when you get mad? Are you fiery or sulky? Everyone's different... including us! Sometimes you can't avoid an argument, but making up is important, too



VICTORIA

Grrrr!
I really shout if something is upsetting me. I think it's part of my personality. I can't hold it in and I really let it out. I scream, shout and stamp my feet! I'm always right! David is not as placid as he looks and always thinks he's right, too. But I'm always the one who's right! We never argue about anything horrible, though, just trivial things.

Aaaah!
When I'm making up with David, we just have a kiss and a cuddle and end up laughing about it.

I don't scream and shout at the other Girls as we all know that sometimes we're unreasonable because we're all so knackered. We only really get moody and argue when we have to give up a valuable day to do a promo or something. Anyway, when we argue, we all think we're right. So there's no point in arguing! We just accept that we've all got different opinions.

MEL B

Grrrr!
I am quite a shouter. Recently I've become more of a listener, but when I'm angry I do raise my voice. I'm a passionate arguer if I feel really strongly about something.

Aaaah!
I either agree to disagree or say: "Well now we know exactly what we both think, so that's that." Then I just get on with it. I don't hold grudges that much and I try not to get funny. I like being straight with people. I don't really forgive and forget – I always remember, but that doesn't mean I'm always going to hate that person or be mad at them forever. I just carry on as normal!

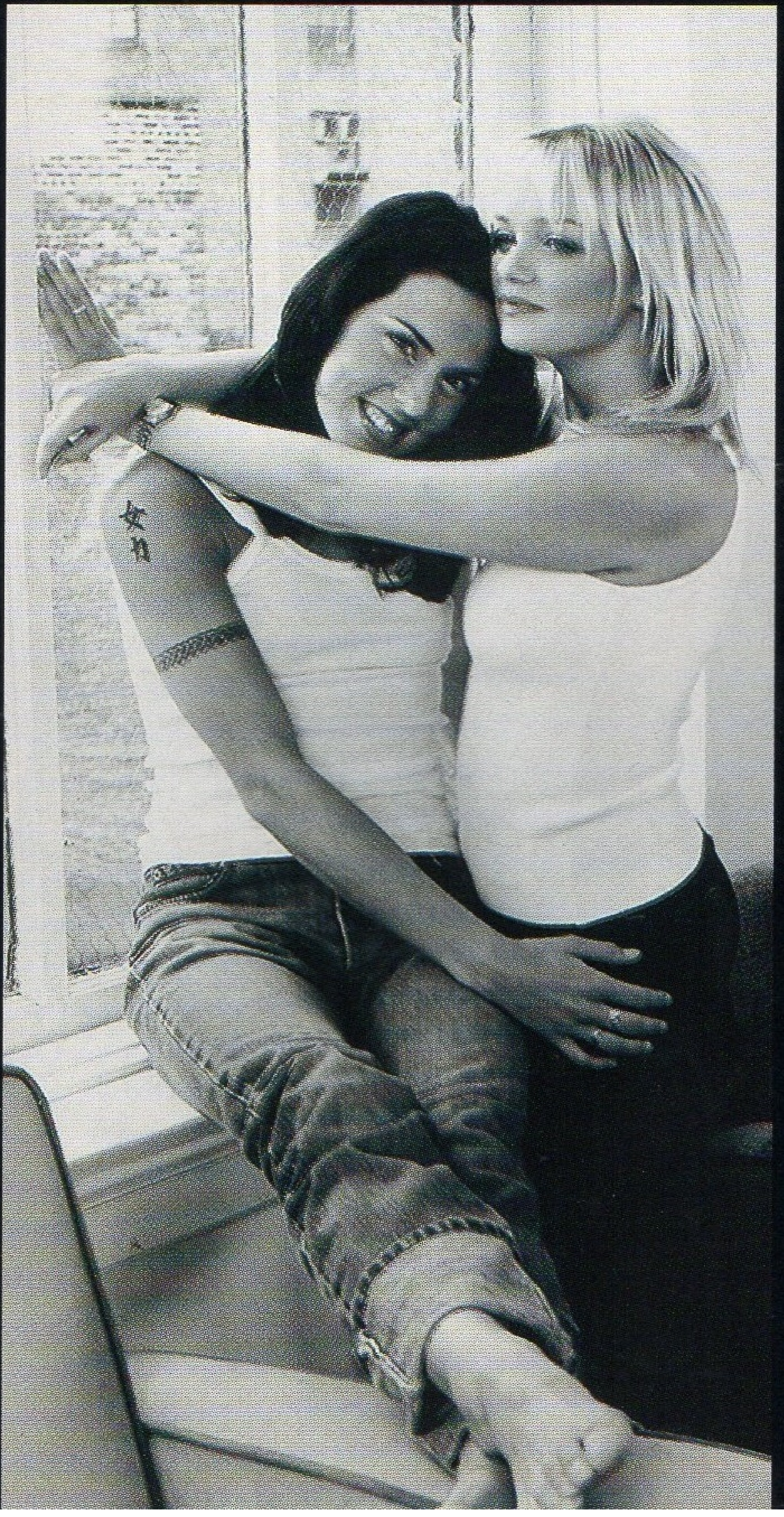
SOMETIMES YOU JUST HAVE TO AGREE TO DISAGREE

EMMA

Grrrr!
When I'm angry with someone, I sulk and go cold. Occasionally I might shout at someone, but I usually just sulk, which is really bad because I think you should just let it out! I think I sulk when I know I'm wrong, but don't want to admit it. So I decide to be moody and pretend I'm not wrong!

Aaaah!
I usually just smile and say sorry! I think arguments can be healthy – it's better to tell someone what you think rather than let the tension build up. Still, it's important to be careful not to say something you'll regret later.

We don't really argue, but there's a lot of stress around and that doesn't help things. There's never actually anything wrong, just all that stress around us. I can't remember the last argument we had!



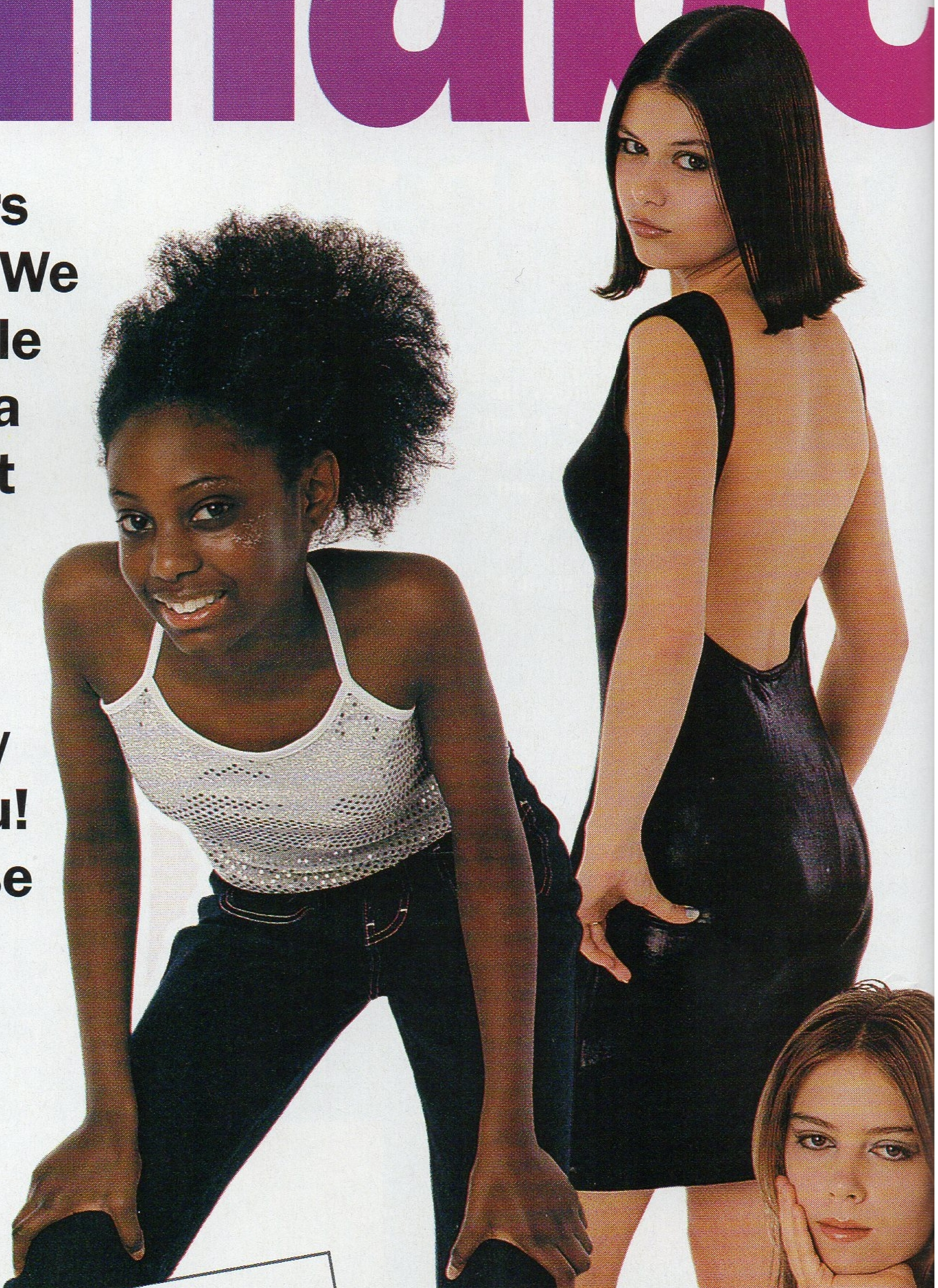
MEL C

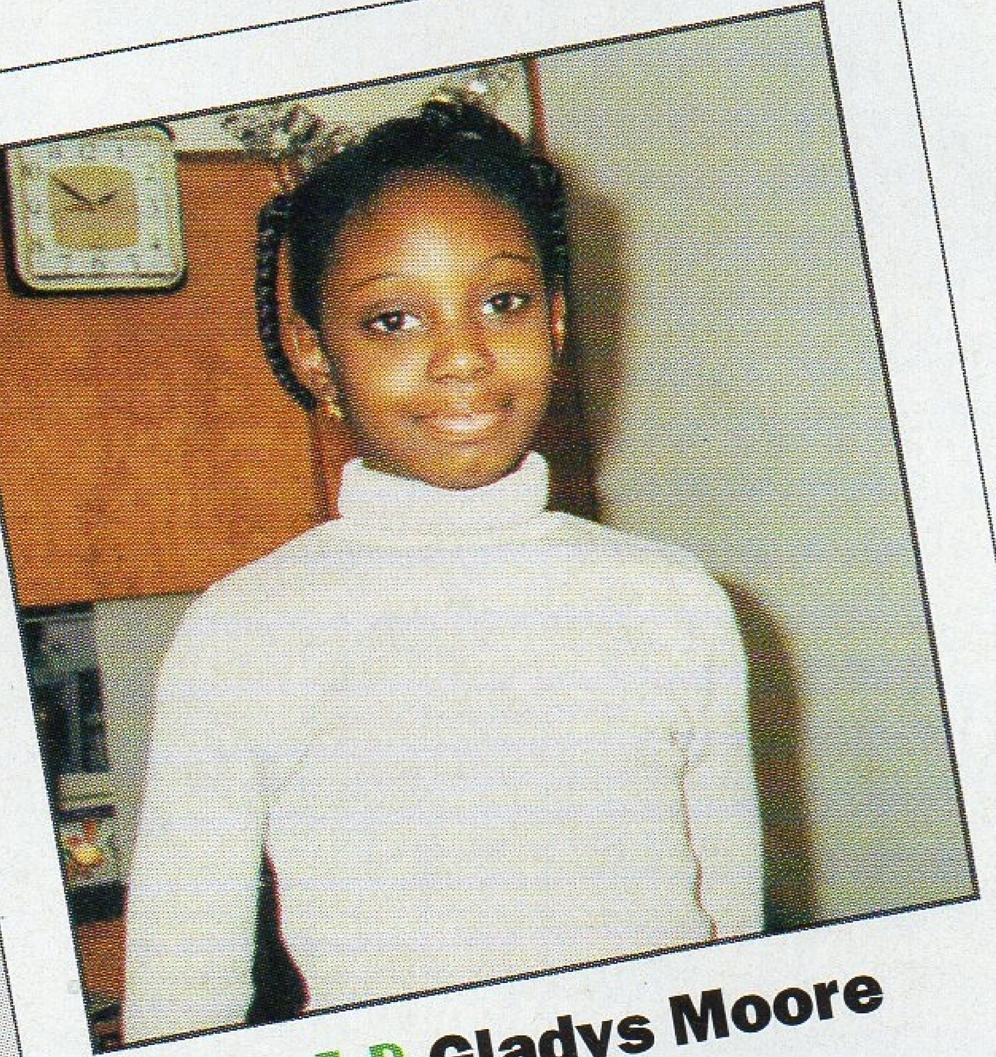
Grrrr!
If I get really, really angry then I'll get aggressive and shout and give someone what for or punch their arm or something stupid like that. Other times if someone has a go at me I might just cry, because I'm really soft.

Aaaah!
I usually make up by talking out the problem. You always find out in the end that it's down to lack of communication. I would always say sorry if I meant it, but I wouldn't just say it to patch things up. I don't think it should ever have to come to an argument, but sometimes an argument gets you to the point where you begin to sort the problem out. At the end of the day, no-one really wants to hurt anyone and no-one's ever wrong because everyone's got their own opinions about things. Sometimes you just have to agree to disagree.

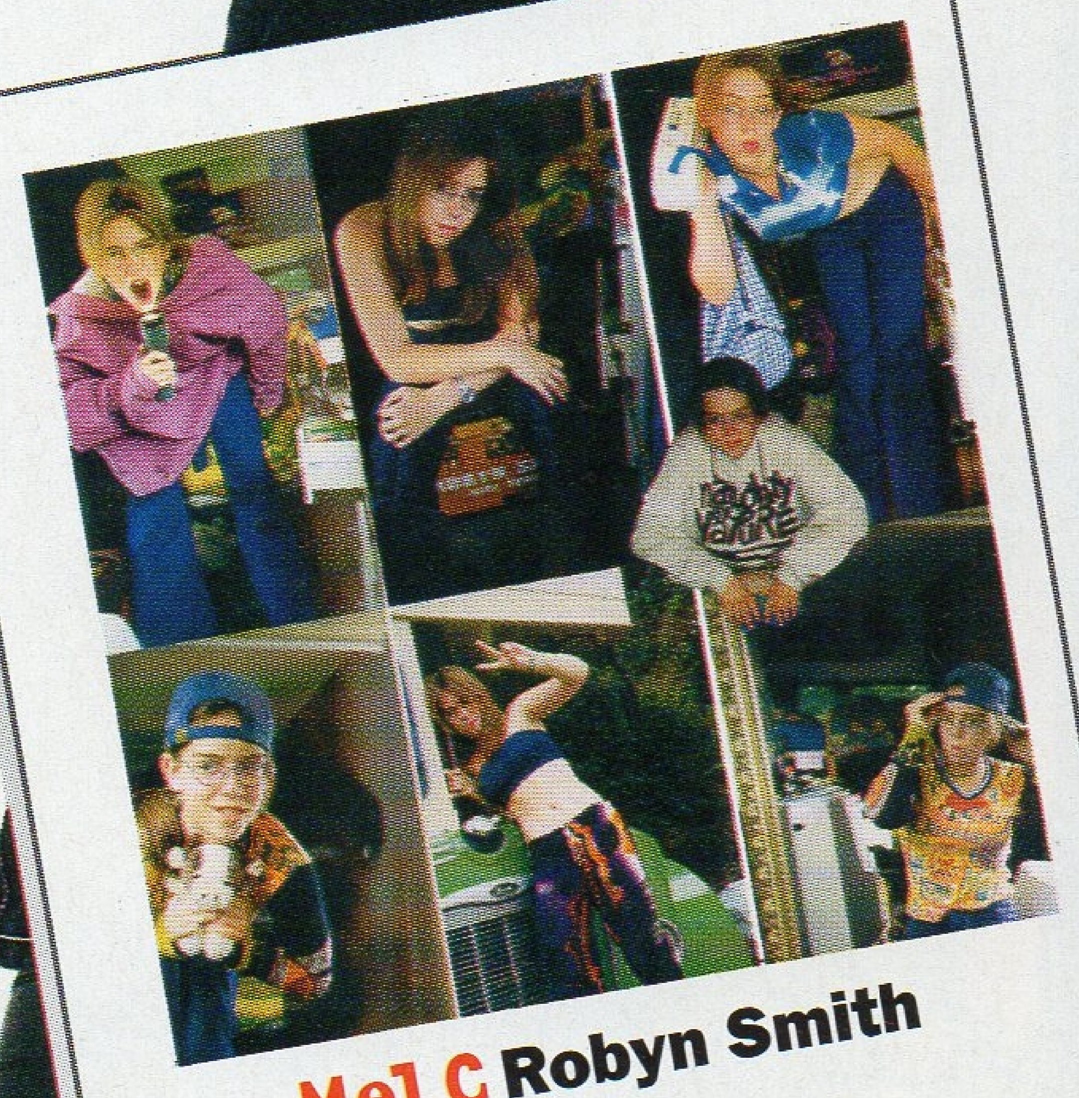
Wannabe

Let's hear it for the winners of our model competition! We came up with the idea while we were on tour and Emma chose the theme. It's what we would wear on a first date and what we'd like our Spice Boy to wear. We were amazed by how many of you wrote in – thank you! It was really hard to choose the winners – you were all great – but we had to pick five and here they are...





Mel B **Gladys Moore**
age 12
Favourite Spice Girls Song:
'Say You'll be There'
What I really, really want to be: An actress

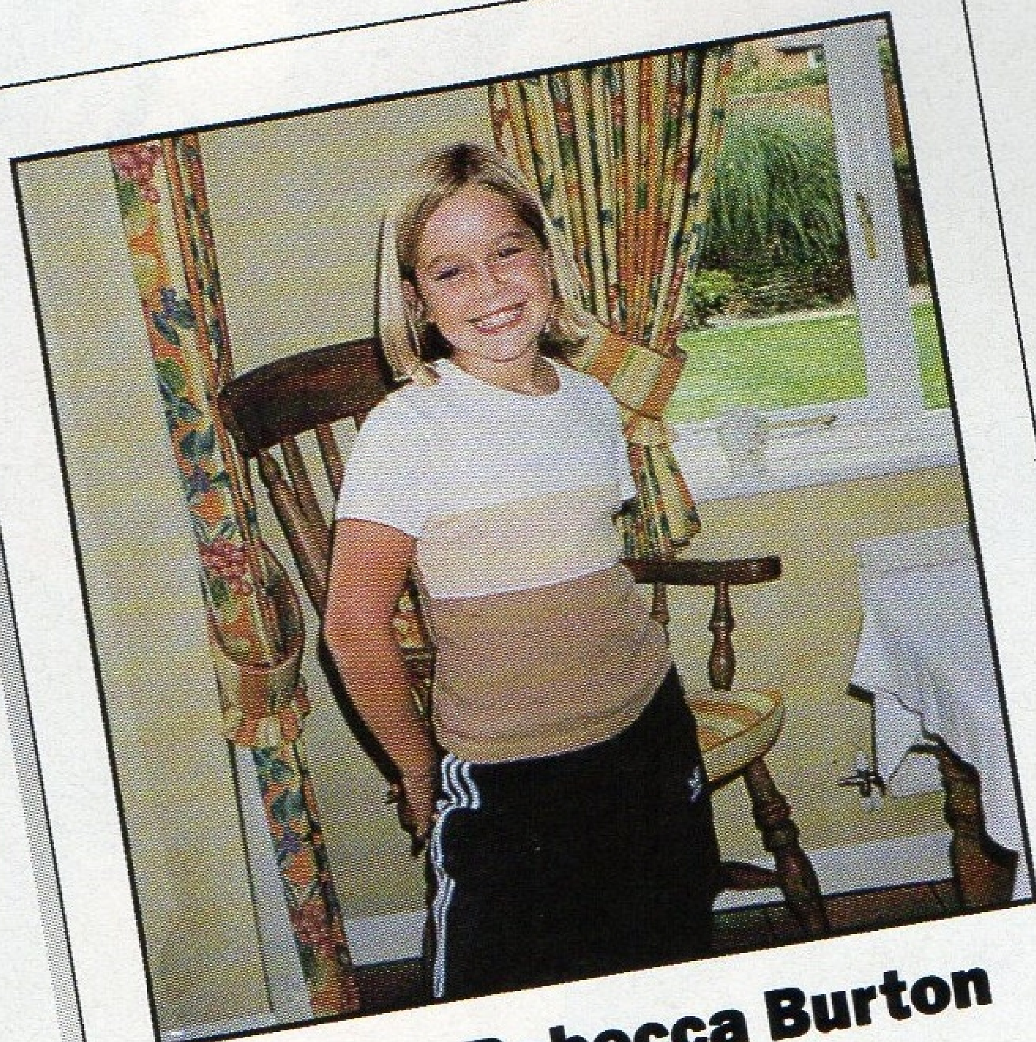


Mel C **Robyn Smith**
age 14
Favourite Spice Girls Song:
All of them, but 'Viva Forever' at the moment
What I really, really want to be: In a band, or an artist or an actress... something in the arts

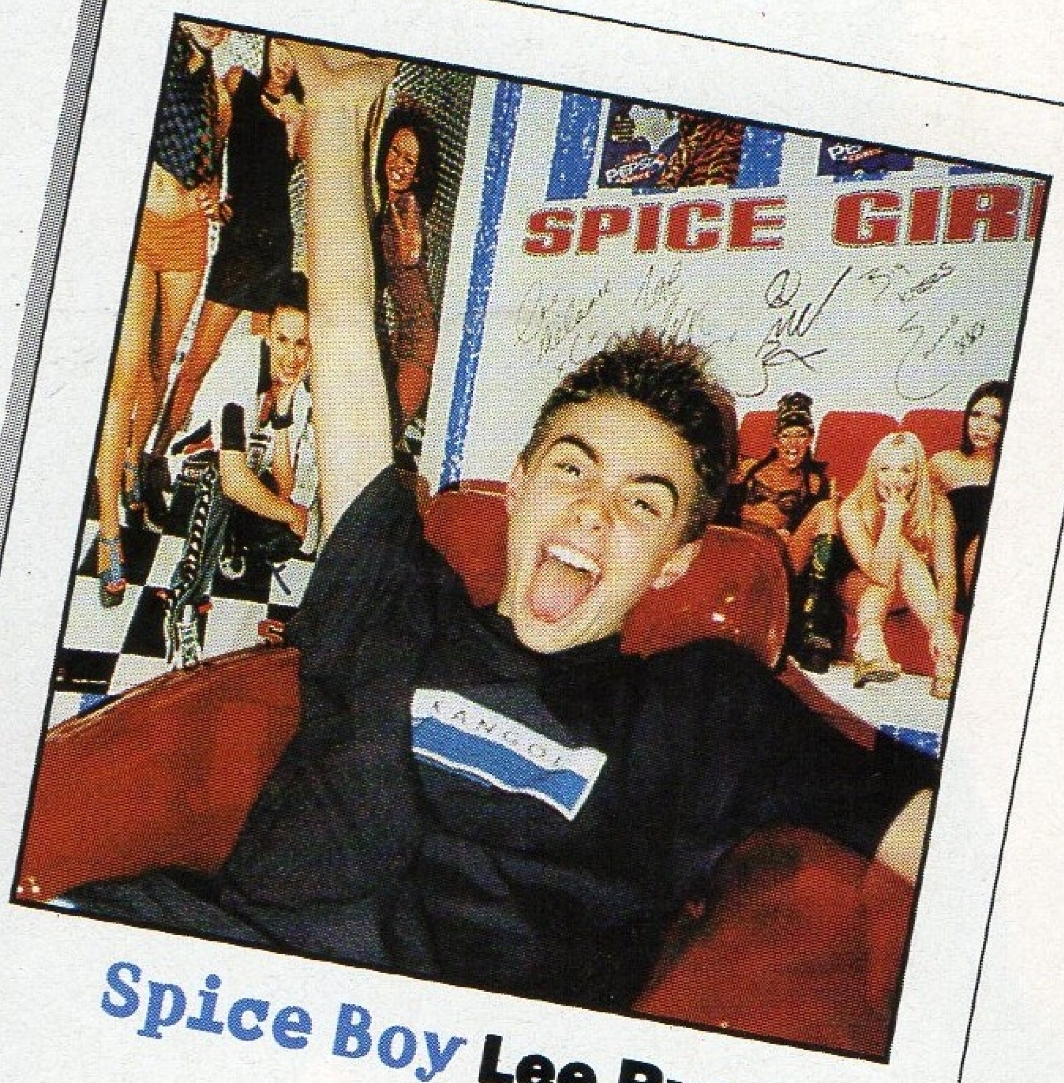
winners!

Photography **Ken Copsey**
Assistant **Karl Crick**
Stylist **Kate Cornish**
Assistant stylist **Michelle Roberts**
Hair and make-up **Mel Gibson**

Victoria Frances Moore
age 16
Favourite Spice Girls Song:
'Say You'll be There'
What I really, really want to be: In a girl band



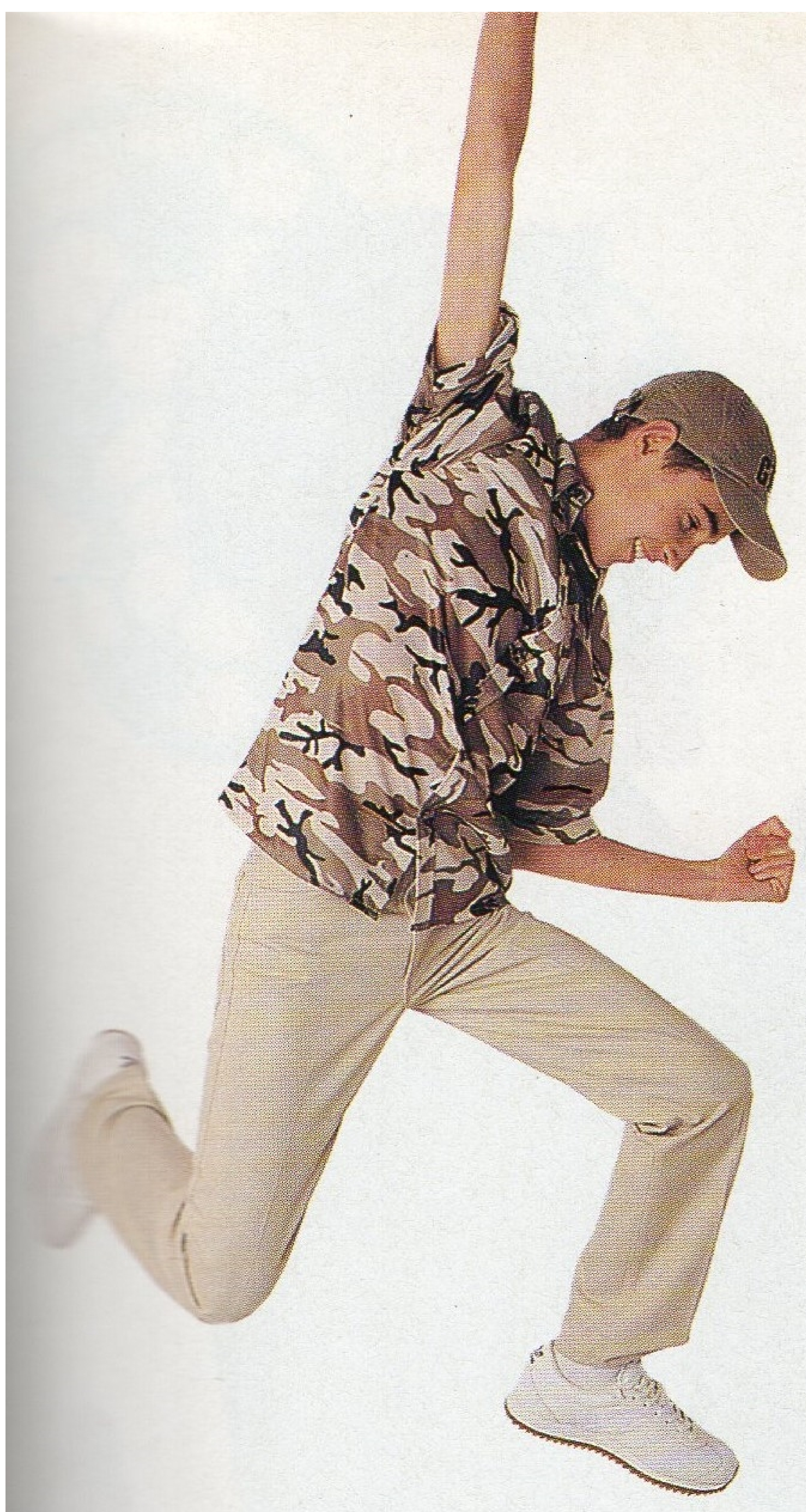
Emma Rebecca Burton
age 10
Favourite Spice Girls Song:
'Viva Forever'
What I really, really want to be: A model

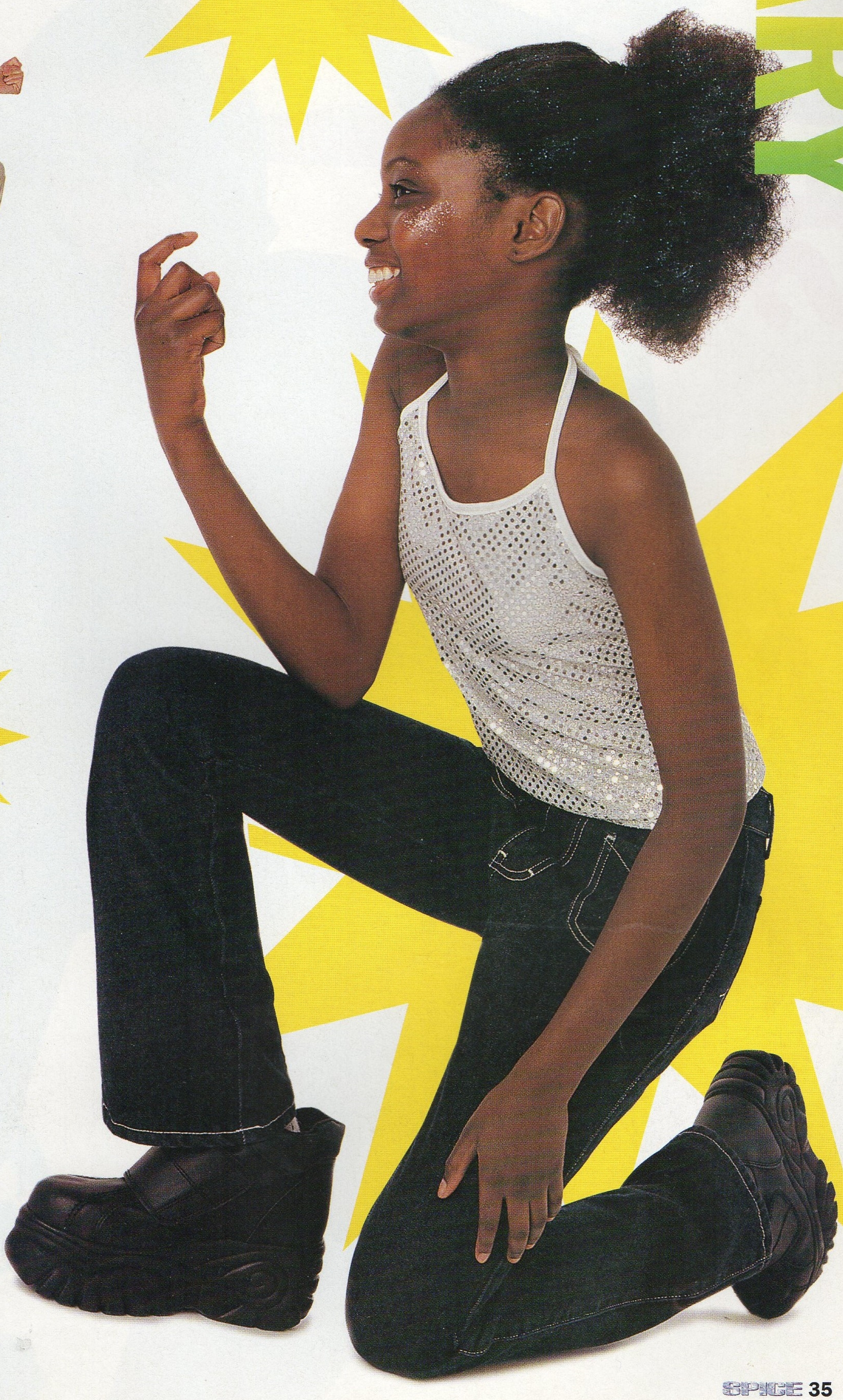


Spice Boy Lee Ryan
age 14
Favourite Spice Girls Song:
'Spice Up Your Life'
What I really, really want to be: A singer

BABY

SCARY





Mel B Silver mirrored tie-up top £6.99 B-WISE, Hipster flares £15 TAMMY GIRL, Black platform boots £22 TAMMY GIRL.
Spice Boy Camouflage shirt £32 TOP MAN, Stay-pressed trousers £49.99 LEVI STORE, White adidas trainers £49.99 SOLE TRADER.

SPORTY

Mel C Denim jacket £40 FRENCH CONNECTION. Khaki vest £4.99 TOP SHOP Clam diggers £50 FRENCH CONNECTION. **Spice Boy** T-Shirt £20 DUFFER OF ST GEORGE, 501 jeans £49.99 LEVI STORE, Nike Trainers Lee's own.

POSH

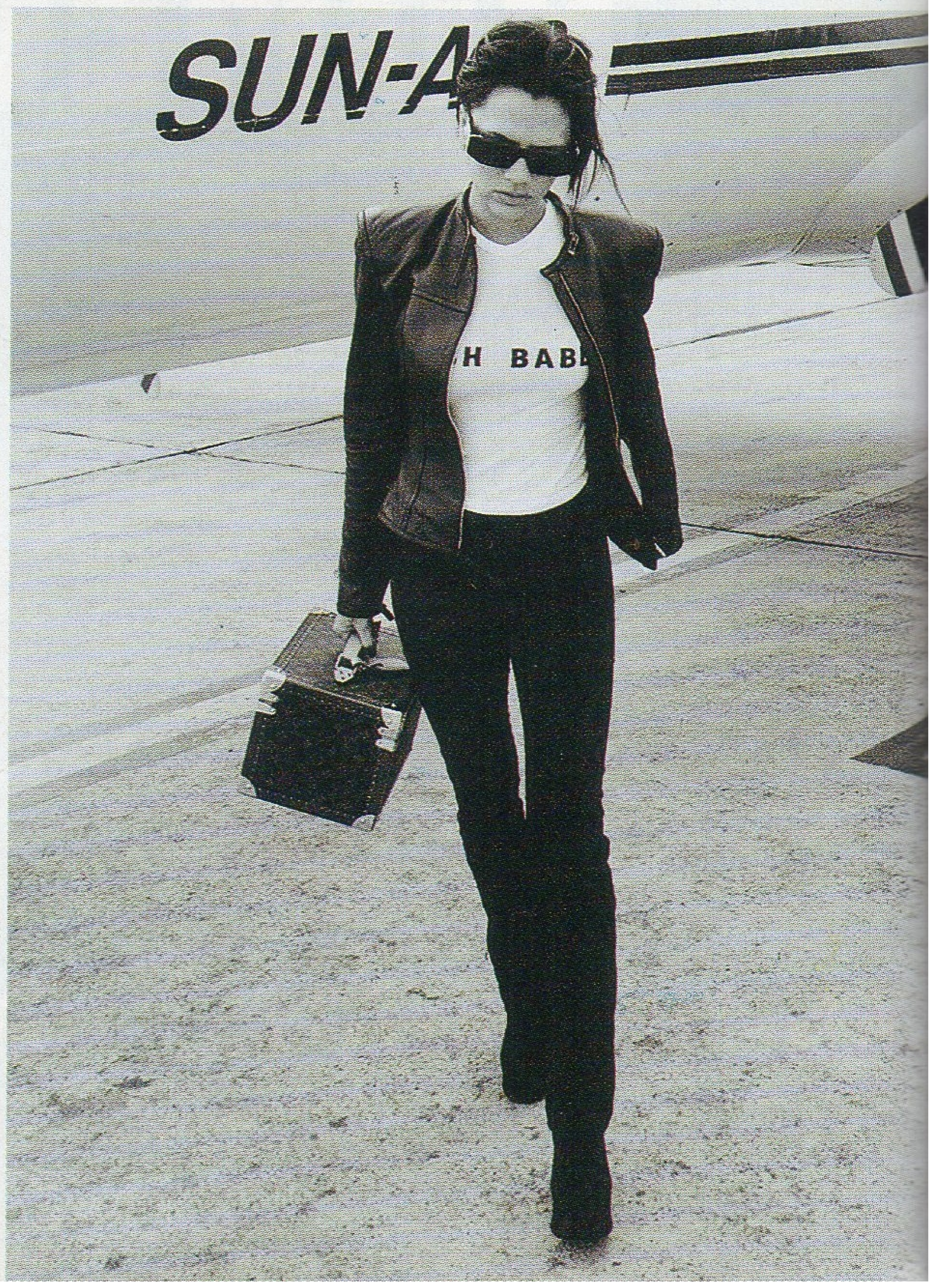
I'm running out of space for all my shoes in my bedroom!

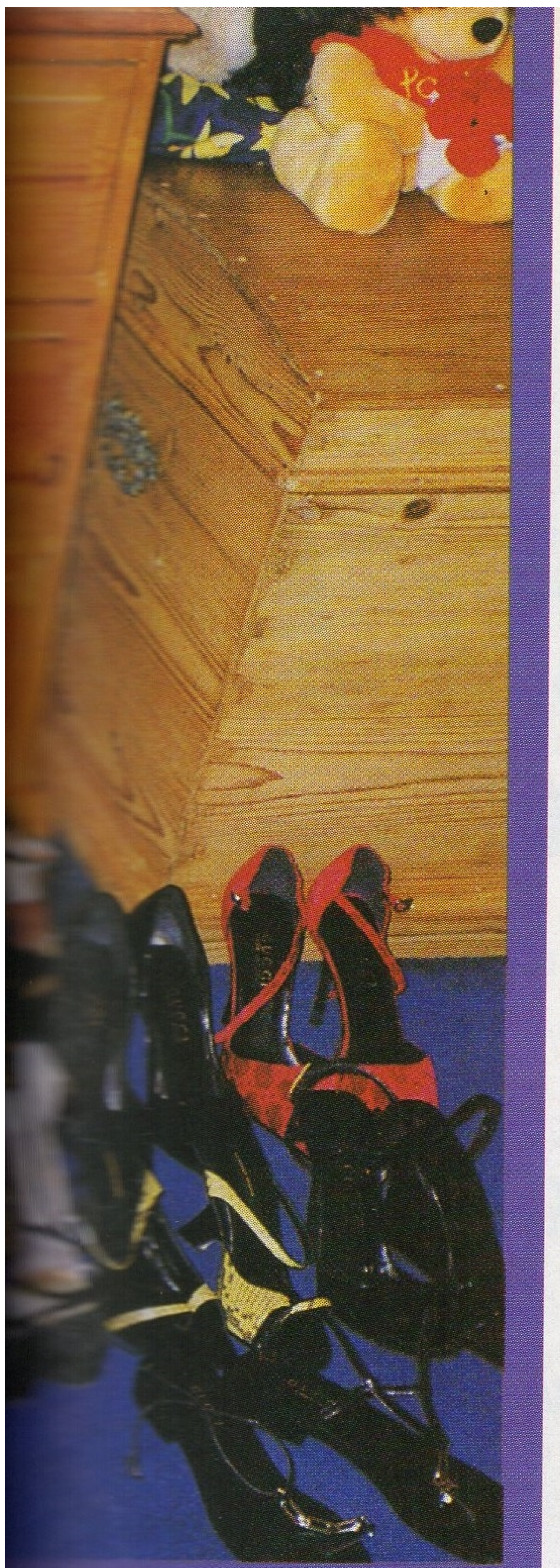
Walk This W

Psst... come with me and I'll let you into my bedroom to try on my shoes!

I'VE GOT LOTS OF PAIRS OF SHOES, especially Gucci shoes. I'm lucky, because they always put the new season's shoes to one side for me in the shops. I remember when I was younger and my sister and I used to queue outside Patrick Cox on the day the new season's delivery came in! Unless you were one of the first ones there, you wouldn't stand a chance of getting the shoes.

I ALWAYS WANTED A PAIR OF HIGH heels and I remember there was this girl in my school called Amanda and her mum let her have really high shoes. I always wanted to be like her. I used to say to my mum: "Why can't I have some high heels?" and she used to say: "Because you can't!" She wouldn't let me have a pair of tight satin trousers like Sandy out of Grease, either. My mum's friend promised me a pair for my birthday and I spent a whole year waiting to get those trousers. But she forgot! To this day I will always remember how disappointed I was.





AY!

"I never wear last season's shoes!"

These aren't all of my shoes – just my favourites!

A lot of them are from Gucci. I don't wear a lot of these shoes. During the day I'm usually in trainers, boots or comfortable shoes. I never wear last season's shoes! I'm size 4½.

These ones are Dolce and Gabbana and I've got them in three different colours. They've got great heels and they're quite easy to walk in. I wear them with pedal pushers or a skirt.

These are gold with red fur. They're the same as the last ones, but in a different colour, with a matching little box Louis Vuitton handbag.

I don't usually like flat shoes, but when I'm wearing a long skirt or sarong in the summer, I prefer flat shoes. High heels with a long skirt? Looks a bit like your auntie at a wedding!

These have got a Prada wedge on them and they're good for during the day. They give you a nice bit of height when you're wearing a skirt. Melanie C wore a pair to go out one night when we were in the South of France and she fell over three times!

These are Manolo Blahnik. They're probably the most photographed shoes of last season! Very, very uncomfortable, but I like them! I had a matching armband made to go with them. I wear them with little short dresses.

These are blue satin with an electric blue shiny satin platform. I've got these in pink as well and I love them! They're Miu Miu – very uncomfortable to walk in, but they look very nice! I wear them with skirts or suits.

These Prada shoes remind me of crystal slippers. They're princess shoes!

These Dolce and Gabbana shoes are very comfortable. You can wear them with suits, skirts and pedal pushers.

These are red velvet with a silver heel – from Gucci's last season collection.

These have a black shiny heel with yellow and black snakeskin straps. They're made by Alexander McQueen. I love them but I've never actually worn them! Still, they seem very comfortable.

One day, when I was feeling a bit bored backstage, I painted my feet with glitter gel. I couldn't keep the pattern on for very long and it all fell off, but if you used bindis and proper make-up glue, it might stay on!

This is me trying to be artistic by sticking my foot in a plant pot! I'm not sure it did the plant much good!

HOW TO HAVE AN

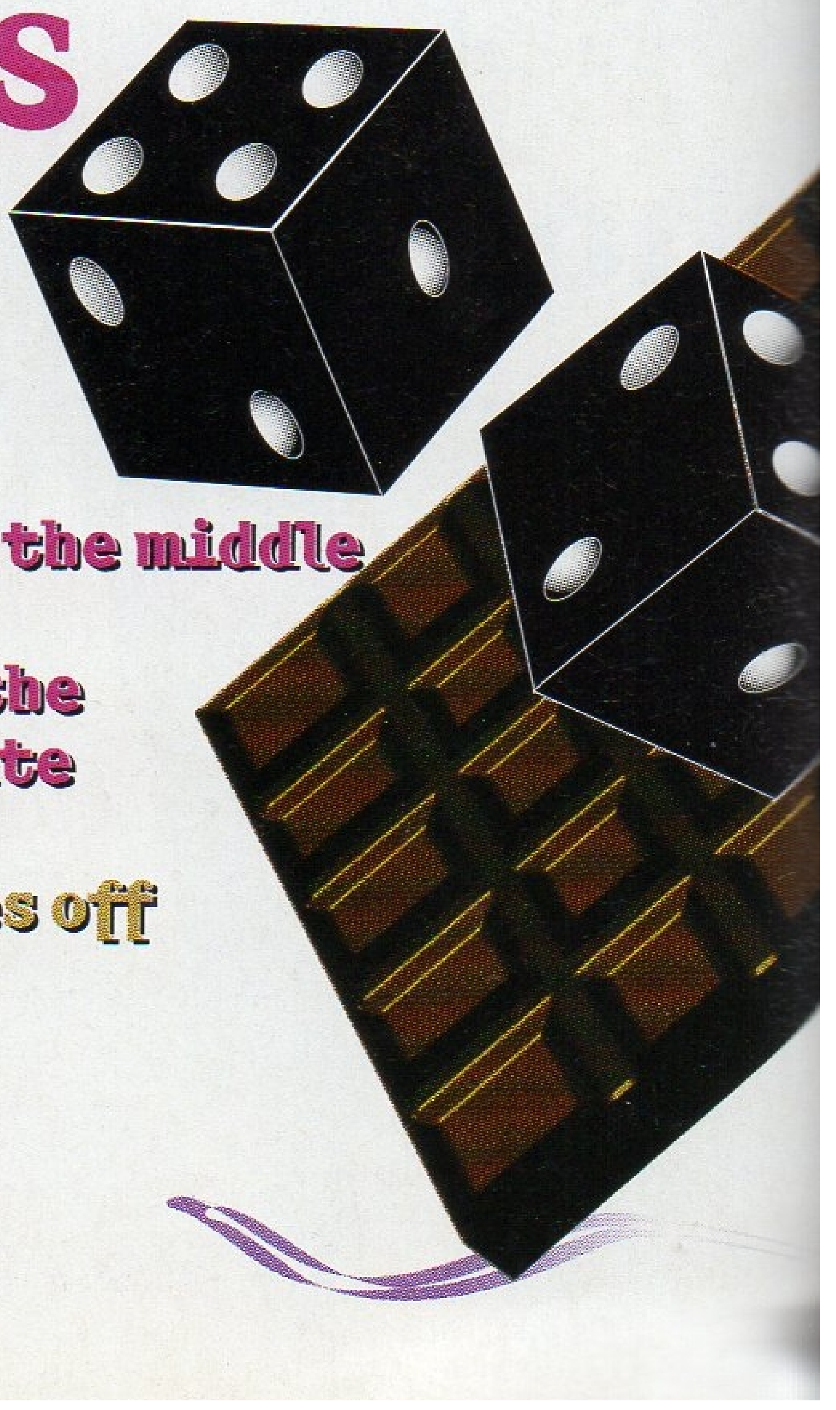
Oh So Posh Princess Party!

Once I had a union jack party! It must have been when Charles and Diana got married. Everyone had to wear red, white and blue and we had flags and candle sticks in the garden. I always wanted a mad hatter's tea party where I was head of the table. I would be Alice in Wonderland and everything on the table would be out of proportion, like huge cups and saucers, and enormous plates!

DECORATE!

Hang silver balloons round the room!

GAMES



SPICE DICE!

You will need:

A giant bar of chocolate
A plate, a knife and fork
A feather boa, long evening gloves, a posh frock, high heeled shoes
A dice

Sit in a circle, with the chocolate and clothes in the middle
Take it in turns to throw the dice
The first person the throw a six has to put on all the clothes before they can start eating the chocolate with the knife and fork!
As soon as some else throws a six, take the clothes off and they get their turn!

DRINK!

Millionaire's martini: Kir and lemonade with a cocktail cherry

VIDEOS

How to Marry a Millionaire; High Society; Breakfast at Tiffany's

Posh Nosh

Cocktail Snacks

Pieces of cheese and pineapple (or cherry tomatoes) on cocktail sticks.
Mini-gem biscuits or Matchmakers arranged in a pattern on a plate.
Mini-vol-au-vents filled with prawns or Coronation chicken.

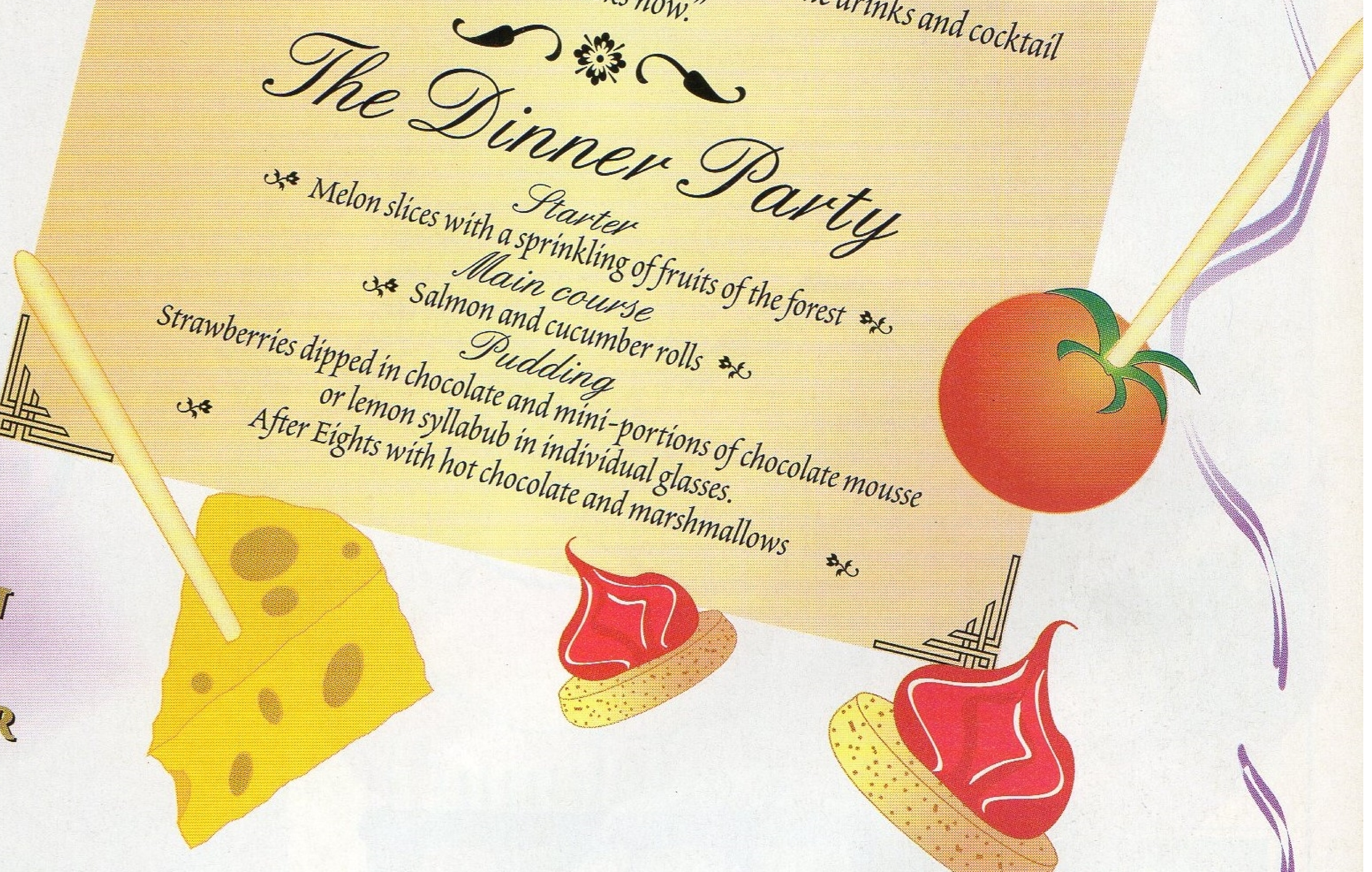
Set the table with a white tablecloth, a vase of flowers, some elegant dinner party candles and paper napkins made into fan shapes.
Get your dad, uncle, older brother or even your mum to dress up like a butler and serve out the food! Call him/her 'James'.
As your friends arrive, say: "James, you may serve the drinks and cocktail snacks now."

The Dinner Party

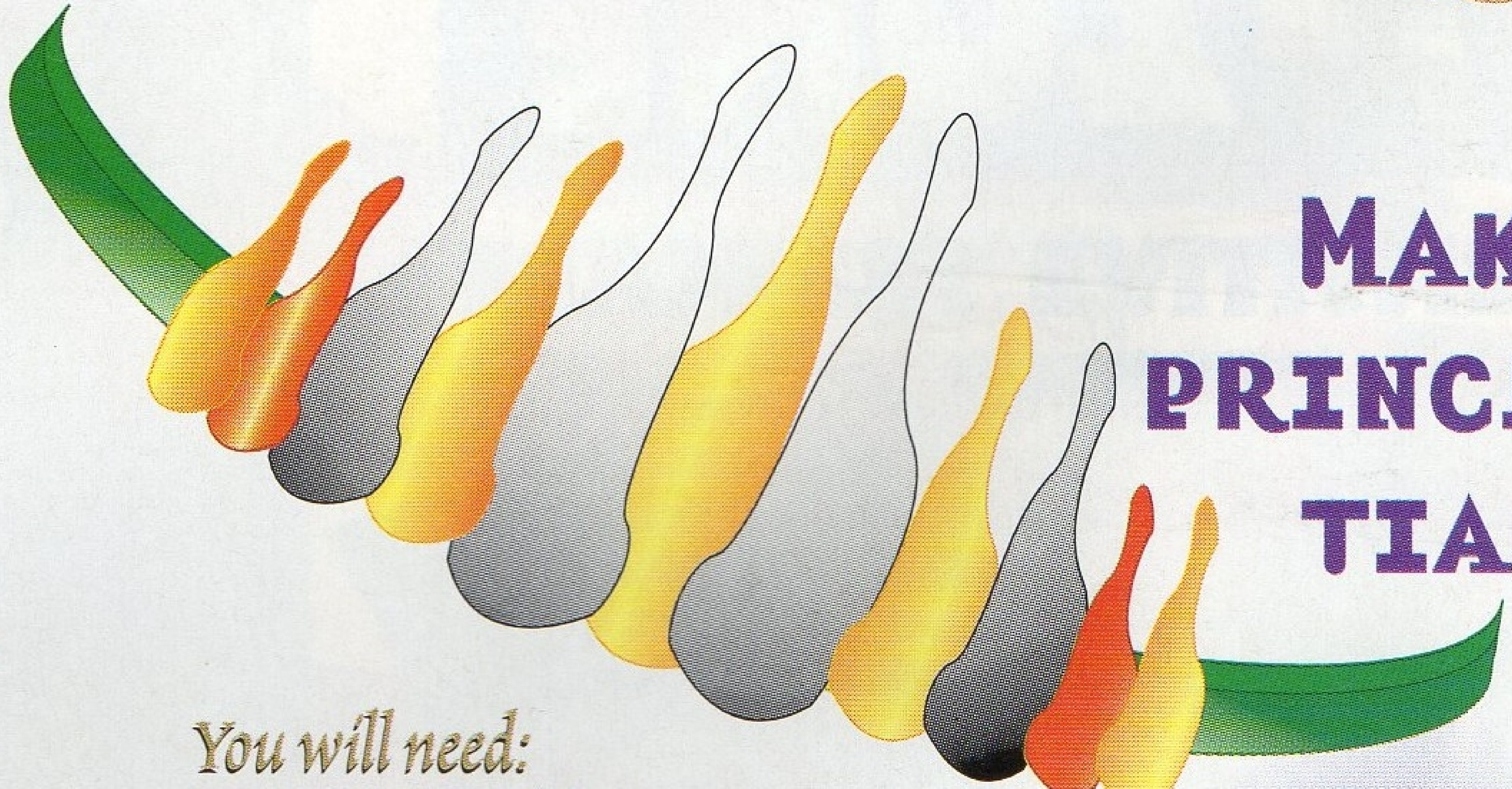
Starter
Melon slices with a sprinkling of fruits of the forest

Main course
Salmon and cucumber rolls

Pudding
Strawberries dipped in chocolate and mini-portions of chocolate mousse or lemon syllabub in individual glasses.
After Eights with hot chocolate and marshmallows



TELL THE GIRLS TO COME IN POSH DRESSES WITH THEIR HAIR UP. MAKE THE BOYS WEAR BLACKJACKETS AND BOWTIES LIKE JAMES BOND.



MAKE A PRINCESS TIARA!

You will need:
An Alice band for every guest.
Multi-coloured ribbons and tin foil.

It's simple!
Cover the Alice band with tin foil.
Twist some strips of tin foil into stiff spikes.
Attach the spikes to the Alice band and decorate with ribbons.
The best tiara wins!

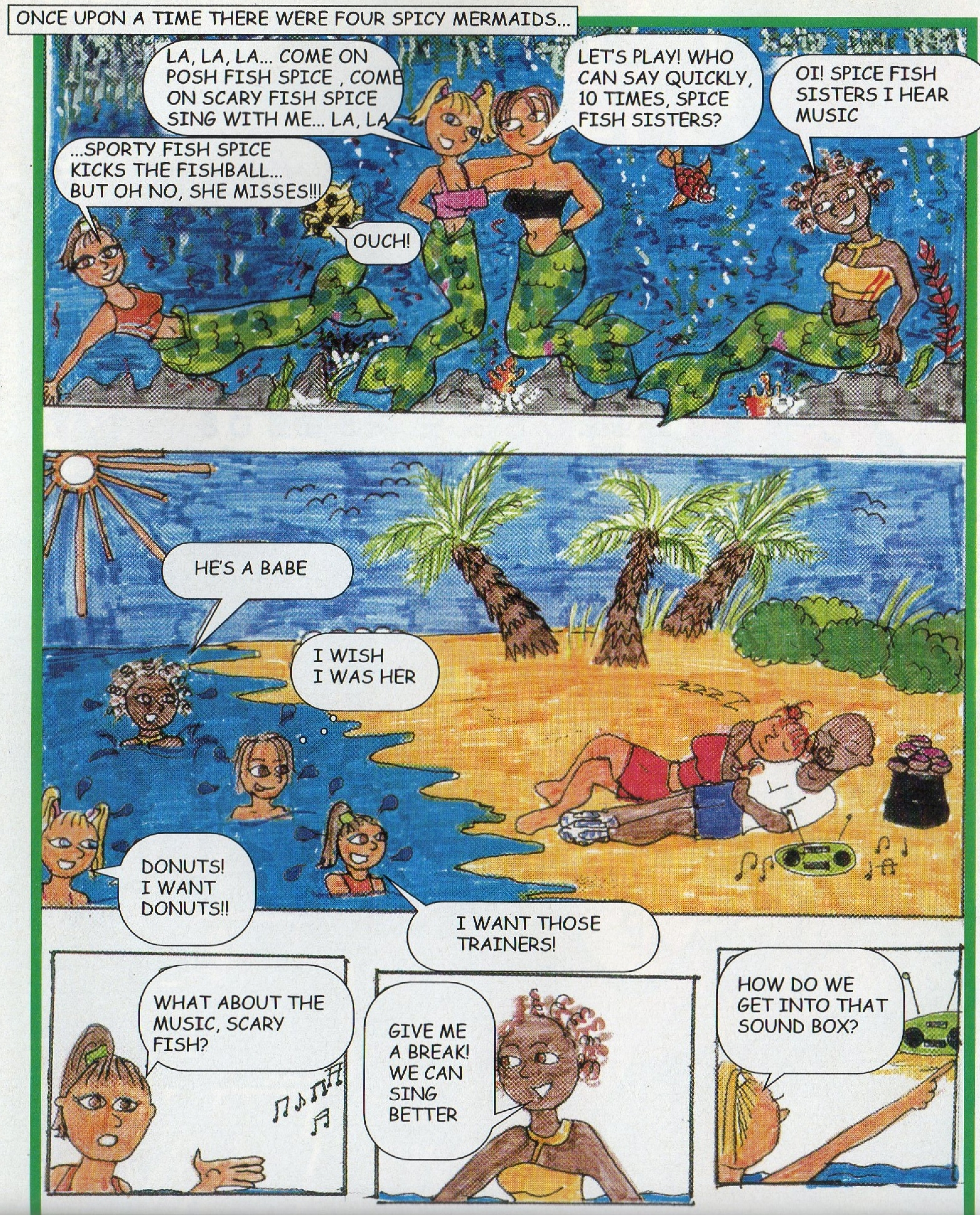
MUSICAL POSH SPICE

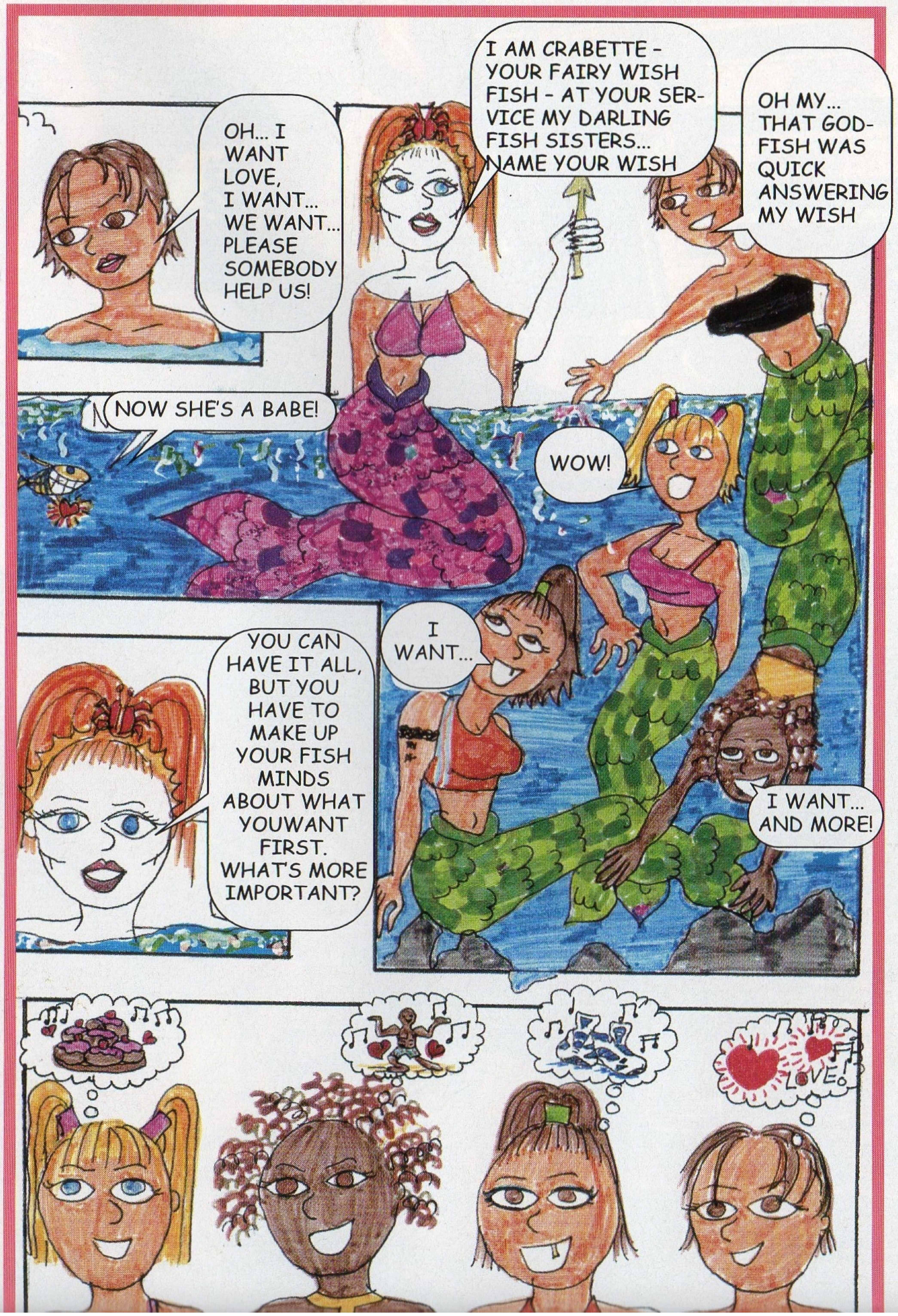
Put Spice or Spiceworld on the CD and ask your mum to stop the music when nobody's looking.
Each time the music stops, strike a Posh Spice pose!
(It's easy! Just point, tilt your head and don't smile!)
Stay absolutely still until the music starts again.
If you move (or smile), you're out!

OTHER GAMES: Play Posh Monopoly (where everyone tries to get Park Lane, rather than Old Kent Road!)
Set up a manicure area and paint each other's nails.

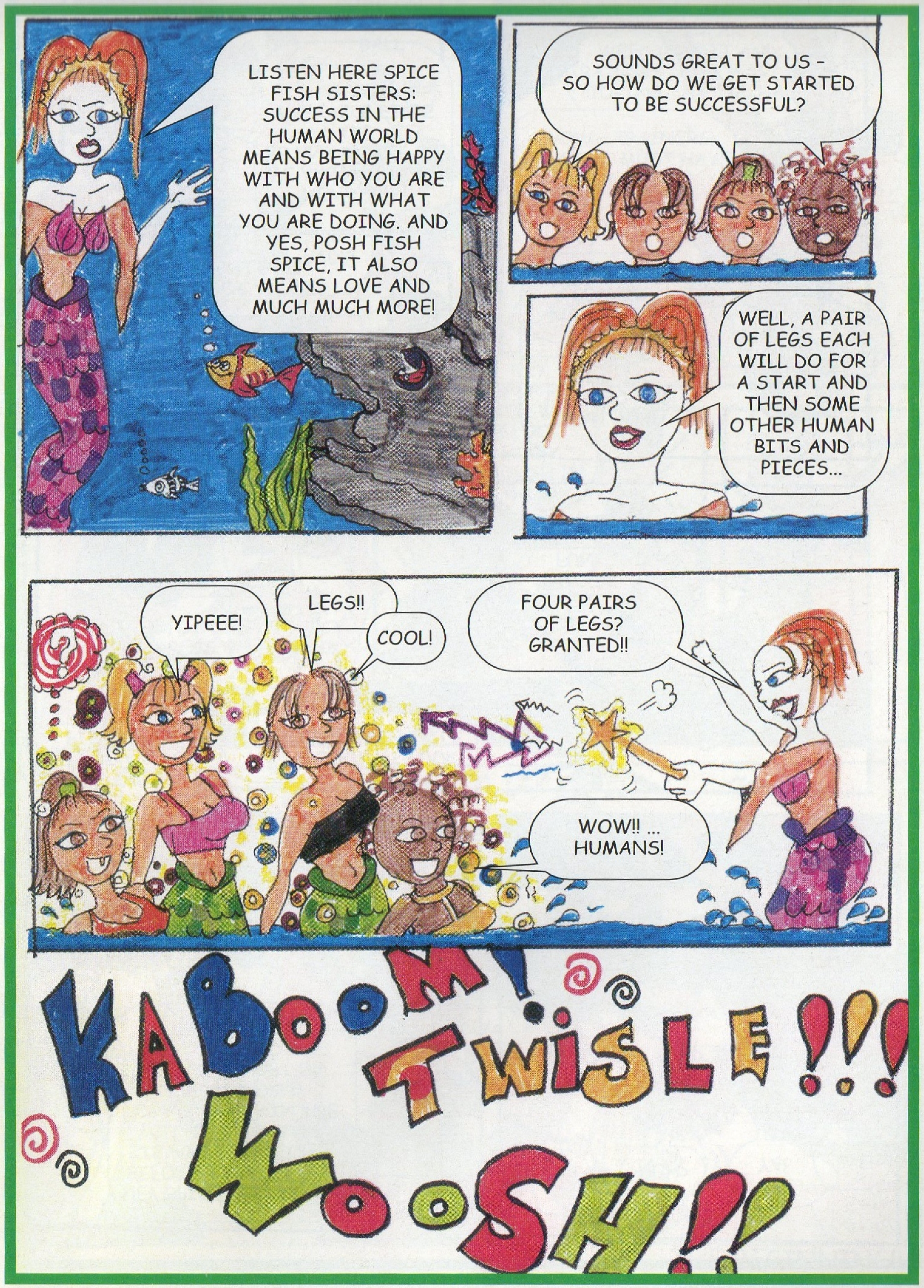
Spice fish Sisters

Melissa Barr, age 12

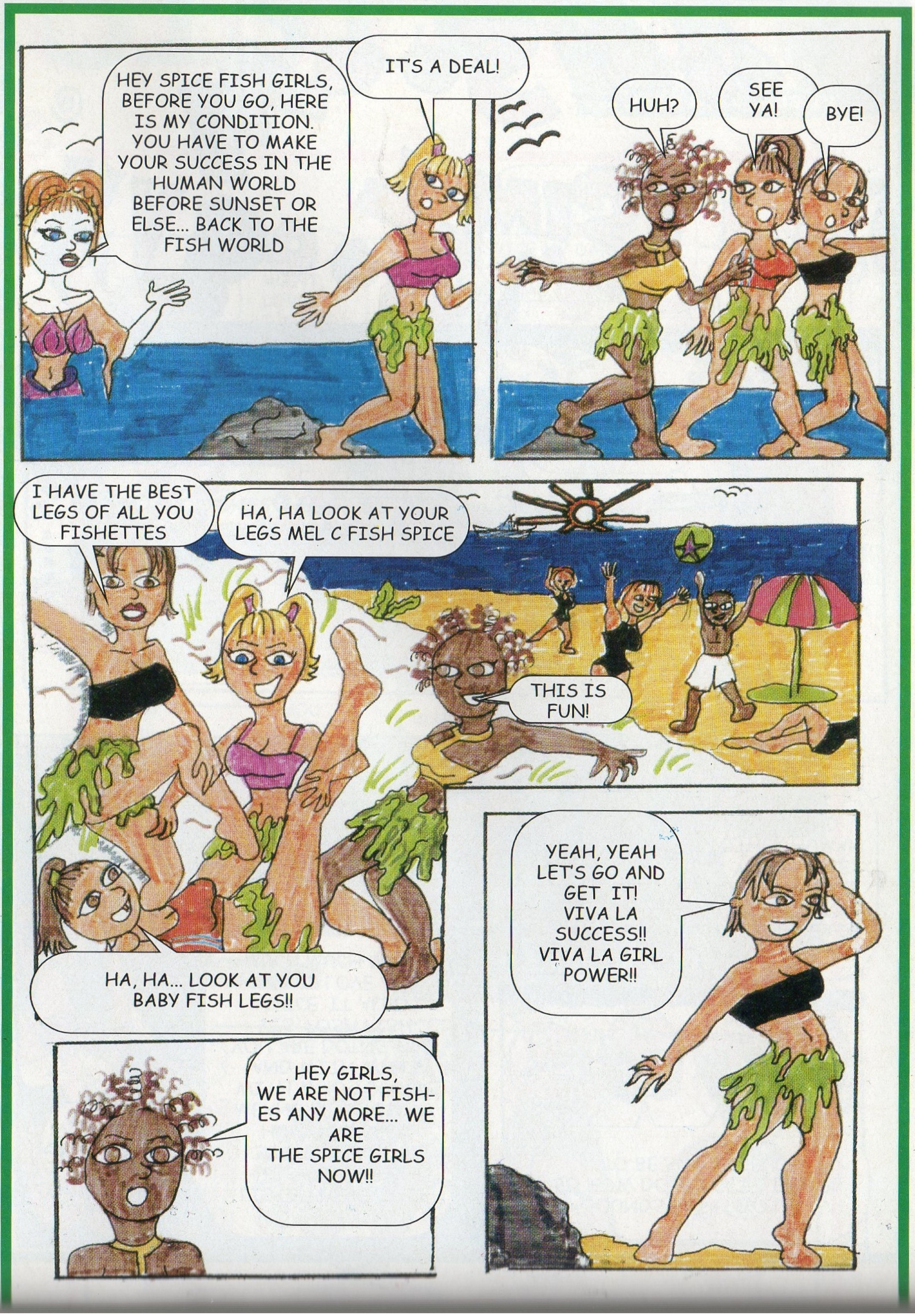




HEY SCARY FISH, THE MUSIC HAS STOPPED
... AND I HEAR SCREAMING! I WONDER WHAT THIS IS ALL ABOUT
WELL FISHETTES LET'S CHECK THIS OUT!
WELL SPICE FISH SISTERS, THIS IS THE SWEET SOUND OF SUCCESS
COOL!
HOORAY!
WHY ARE THE PEO-PLE IN THE SOUND BOX CHEERING?
AAAHH!
AND POSH FISH ASKED:
THEN SCARY FISH SAID:
NOW I KNOW WHAT I REAL-LY, REALLY WANT FIRST: SUCCESS IN THE HUMAN WORLD
AND IF WE GET SUCCESS DOES THIS MEAN ALSO LOVE?
SPORTY FISH WONDERED:
YEAH RIGHT! AND HOW DO WE GET SUCCESS IN THE HUMAN WORLD?
AND BABY FISH ASKED:
SO WHAT DOES SUCCESS IN THE HUMAN WORLD MEAN ANYWAY?


LISTEN HERE SPICE FISH SISTERS: SUCCESS IN THE HUMAN WORLD MEANS BEING HAPPY WITH WHO YOU ARE AND WITH WHAT YOU ARE DOING. AND YES, POSH FISH SPICE, IT ALSO MEANS LOVE AND MUCH MUCH MORE!
SOUNDS GREAT TO US - SO HOW DO WE GET STARTED TO BE SUCCESSFUL?
WELL, A PAIR OF LEGS EACH WILL DO FOR A START AND THEN SOME OTHER HUMAN BITS AND PIECES...
YIPEEE!
LEGS!!
COOL!
FOUR PAIRS OF LEGS? GRANTED!!
WOW!! ... HUMANS!
KABOOM! TWISLE!!!
WOOSH!!

THANK YOU FAIRY WISH FISH I HOPE THEY WORK!
I'M SCARED! WHAT'S NEXT? WHAT IF... I ... CAN'T... ? FAIRY WISH FISH HELP!!
I CAN'T WAIT TO KICK A REAL BALL, BUT WHAT IF...?
DO I HAVE POSH LEGS OR WHAT? BUT WHERE'S THE LOVE?
YOUR FAIRY WISH FISH AT YOUR SERVICE! COURAGE? GIRL POWER?
PLEASE, PLEASE GIVE US SOME COURAGE
GIRL POWER!
YEAH, THAT'S RIGHT - ALL WE NEED NOW IS COURAGE AND GIRL POWER!
KABOOM
FOUR TIMES COURAGE AND GIRL POWER... GRANTED!!
TWiSLE!

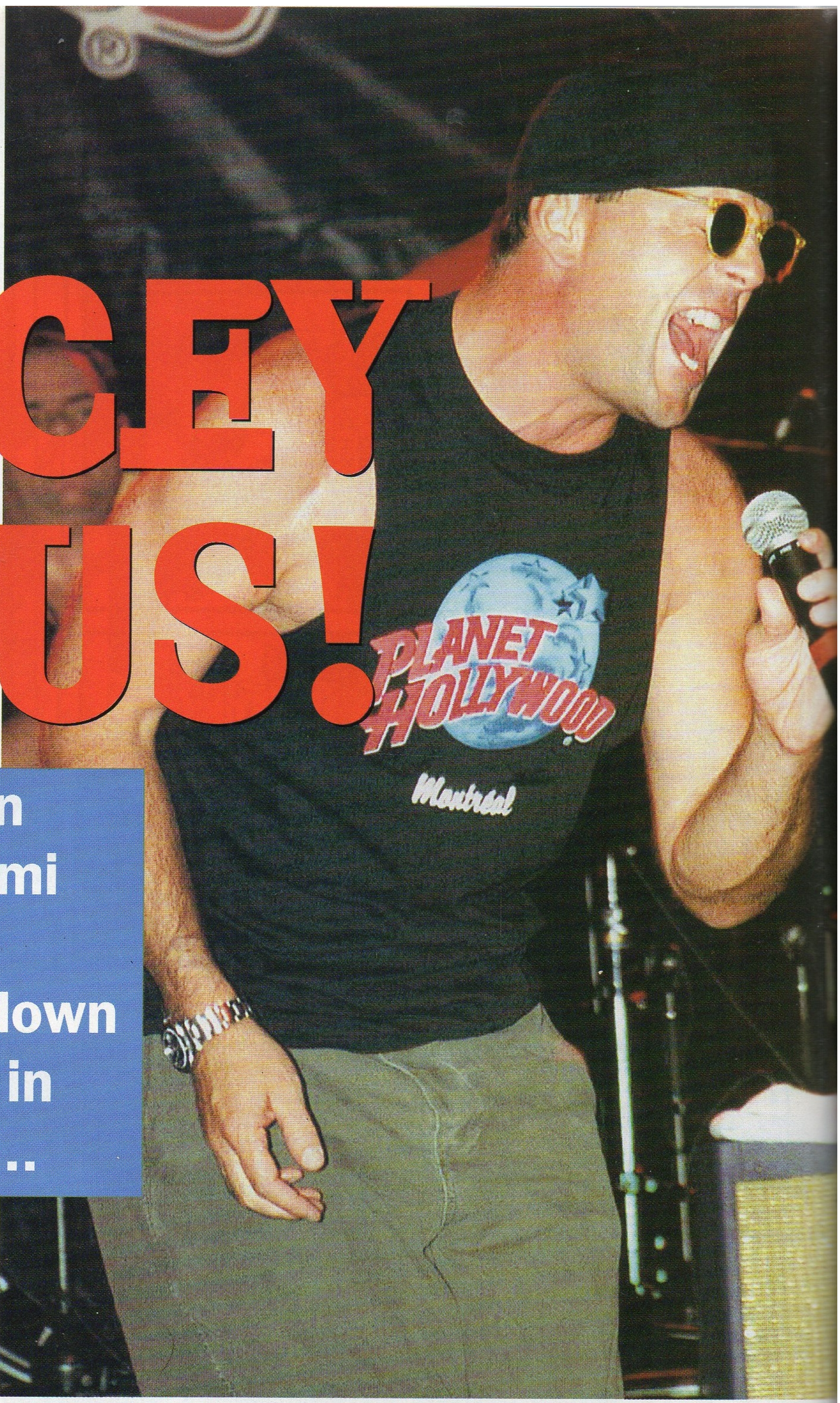

HEY SPICE FISH GIRLS, BEFORE YOU GO, HERE IS MY CONDITION. YOU HAVE TO MAKE YOUR SUCCESS IN THE HUMAN WORLD BEFORE SUNSET OR ELSE... BACK TO THE FISH WORLD
IT'S A DEAL!
HUH?
SEE YA!
BYE!
I HAVE THE BEST LEGS OF ALL YOU FISHETTES
HA, HA LOOK AT YOUR LEGS MEL C FISH SPICE
THIS IS FUN!
HA, HA... LOOK AT YOU BABY FISH LEGS!!
HEY GIRLS, WE ARE NOT FISH-ES ANY MORE... WE ARE THE SPICE GIRLS NOW!!
YEAH, YEAH LET'S GO AND GET IT! VIVA LA SUCCESS!! VIVA LA GIRL POWER!!

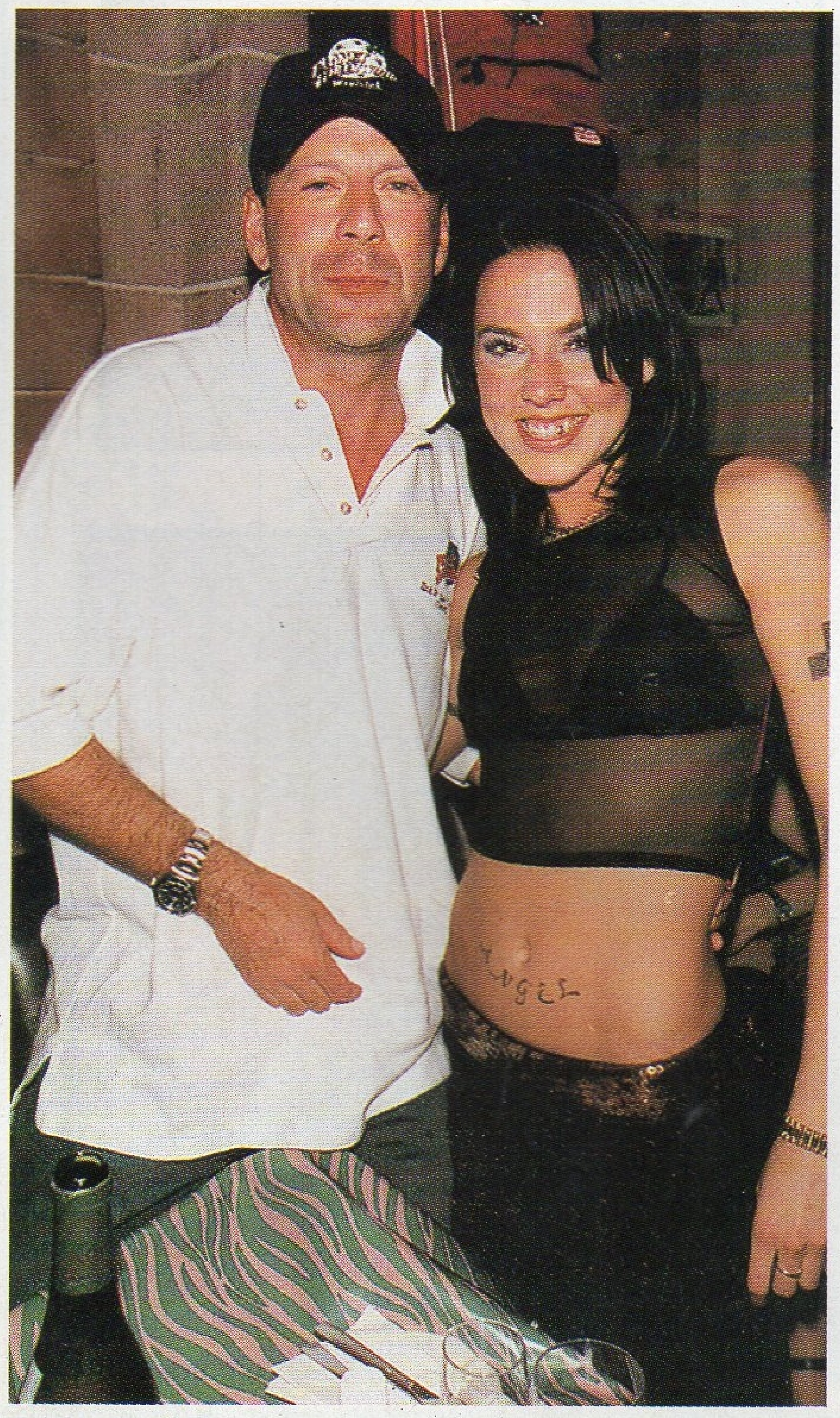
ON THE WAY TO SUCCESS...
HEY! WHAT ARE YOU DOING?
DONUTS! FINALLY
HEY BABYFACE, DID YOU REALLY THINK YOU COULD GET AWAY FROM ME?
HEY SCARY SEAWEED! CARRY YOUR LEGS AWAY FROM MY BOYFRIEND!
NO!
LET'S DANCE
HEY SEAWEED, COME HERE!!
BANG!
NO WAY! YOU COME HERE SQUID LOCKS!
OH LOVE...
... OR MAYBE NOT. WHAT ABOUT THIS LOVE ! OH GUCCI
GUCCI

WHAT THE...?
COME ON, THROW THE BALL
CRAZY LADY!
GIVE ME A BREAK! SEA-WEED OUTFIT AND TRAINERS? YOU MUST BE JOKING... HA, HA, HA!
WOW... TRAINERS! PLEASE, I MUST HAVE THEM... NOW!!
AND NOW... FOR THE BITS AND PIECES!
JUST BORROWED BACK SOON!!
OH, A LITTLE GUCCI DRESS. THAT'LL DO!
HEY SPORTY SPICE, WILL I LOOK SCARY ENOUGH IN THIS?
TIME TO DO WHAT WE'RE HERE FOR!
GIRL POWER!!
VIVA LA SPICE GIRLS!
I LOVE YOU!
YOU'RE COOL!
THE END... OR... THE BEGINNING!!

MY BRUCEY BONUS!

It all began when Bruce Willis, Demi Moore and their daughters flew down to see the show in Columbus, Ohio...





I was really, really nervous about meeting Bruce because he is my all-time hero. I love his music, I've got both of his albums and I've seen all his movies!

Anyway, I tidied up the dressing room before he arrived and the other girls were taking the mickey because I didn't even do that for Madonna! I was so nervous that I was thinking, Oh my God, what am I going to do? I'm going to die! I can't handle this!

A bit later, they all came into the dressing room. His daughters were gorgeous and after we'd met them we had loads of pictures taken with them. Demi was lovely and really bubbly and chatty, but Bruce stayed in the background after he'd come in to say "Hi". I was so nervous that I couldn't even look him in the eye, but we had some pictures done with him.

After he'd left I said that I would love to sing with him. Well, it just happens that we're represented by the same agents as Bruce in America and Julie, who works for the agency, said: "Why didn't you say so? He would love that, too!"

I said: "One day I would really love to sing with him at the opening of a Planet Hollywood." So Julie got on the phone to this guy called Arnold, who's a really good friend of Bruce's, and he said: "Well, funnily enough, he's opening a Planet Hollywood tomorrow night in Montreal, and if you want to sing with him, you can!"

I panicked a bit: "Oh, I don't know, I don't know if I can do it!" Arnold said: "Well, he'd

We still hadn't decided who was singing what and we hadn't even rehearsed together! It was just going to be a jam, and we were going to have to wing it!

love you to." I thought, "I'm never going to get a chance like this again, I'm just gonna have to go for it." And so I did!

PLANET HOLLYWOOD

The next day, my mum, stepdad, brother and I flew to Montreal in a private Planet Hollywood jet that Bruce had sent for me. It took about two hours to get there, then we drove to Planet Hollywood. There were already thousands of fans there and I had to walk up the red carpet, go in and meet Bruce and the band and see where we were going to sing.

It was about six o'clock and we were due to go on stage at eight o'clock. I was still wearing what I had travelled in and I hadn't even spoken to Bruce about what we were going to sing! Anyway I met the band and then I said: "How about a song called 'Down in Hollywood'?", which is a cover of an old song on his first album. He said: "Yeah! That would be great! Do you know the words?"

I said: "Well, I know the chorus," and he said: "But I can't remember the words!" I said: "I've got the CD in my bag." So there I was with my CD Walkman on, writing out the words for Bruce and me! It's one of those songs with loads and loads of words and massively long verses! It was too low for me and out of my range, so we agreed to sing it a bit higher.

We didn't have time to rehearse with the band, so I rehearsed with the CD a bit. But as soon as I had written out the words, I had to give the CD to the band so that they

could rehearse it as well. Then I had to get dressed and have my make-up done! By now it was about 6.30pm and there was a pre-show party at 7pm for all the celebrities. I went back to my room and went on singing while Karin did my make-up. Then I got dressed and at about 7.30pm I went down to the party, where I met Sylvester Stallone!

TV INTERVIEW

A Canadian TV channel wanted to interview me, although Julie from the agency had told me that Bruce was not going to do any press whatsoever. Anyway, while I was doing my interview and talking about what a big fan I am, I could sense somebody standing next to me. When I turned around, it was him and he joined in on the interview with me!

But we still hadn't decided who was singing what and we hadn't even rehearsed together! It was just going to be a jam, and we were going to have to wing it!

I drove down to the venue with one of the backing singers who asked me if I had met Wesley yet? I said: "No" and he said: "Wesley Snipes really wants to meet you, so make sure you hook up with him at the restaurant." Eeeek!

We got to the restaurant and there were around 65,000 fans there, apparently. The red carpet was about half a mile long and as I was walking along, everybody was yelling and screaming out: "Oh my God, it's Sporty Spice!" I had to chuck out loads of T-shirts to them and give a few soundbites to the cameras as I went.

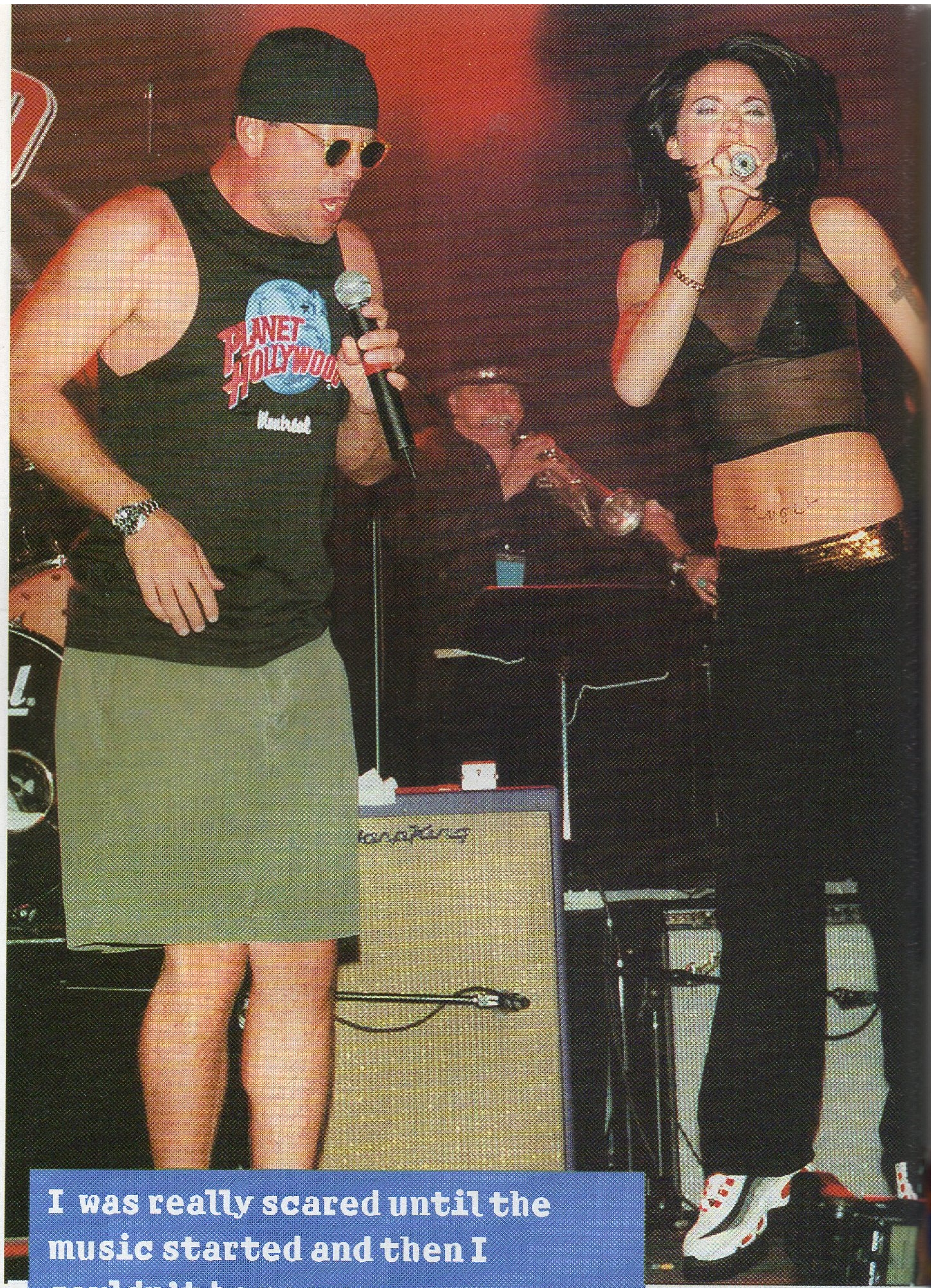
I didn't know that the stage was right at the end of the red carpet, outside the restaurant in front of all those fans. And I didn't know I had to get up and say "Hi" to the crowd. But it wasn't a problem. And who goes up on stage before me? Only Dennis Rodman!

I went up on stage and said: "Hi Montreal!" and went inside, where I met Wesley Snipes, who was really nice. Then Bruce arrived and went on stage. Four songs into his set, I was still trying to learn the words in the VIP room!

ON STAGE!

Soon Bruce introduced me, saying: "A special friend of ours is here tonight – Mel C from the Spice Girls, come on stage!" So I went up and we did it! I was really scared until the music started and then I couldn't be nervous anymore because it was just like a dream. It just didn't seem like it was really happening! It was absolutely wicked, because there were loads of instrumental bits when Bruce just walked to the side and let me have the stage to dance around on.

It was brilliant because we were playing off one another – he sang a bit and then I sang a bit. One of the refrains was: "They drag you right out of your car and they kick your ass!" Every time we sang that bit, Bruce did a Sporty kick. He was really, really brilliant! Then at the end of the song he gave me a massive hug. As I went off stage, I just couldn't believe it!



I was really scared until the music started and then I couldn't be nervous anymore because it was like a dream!

A bit later I went to the party and I was put on a reserved table right next to Bruce's table! He finished off his set and came up and said: "Thank you, that was great!" and all his band came up to congratulate me, too. Then, when I left, I went over to say goodbye and he gave me another big hug!

He's my hero now more than ever and everyone's really sick of me talking about him all the time. I went to see *Armageddon* yesterday and it's great because he saves the world! I won't spoil it for you in case you want to go and see it, but when I came back I said to everyone: "Look, you're only on this planet because Bruce saved it for you, okay?"

How to Have a Super Fit Sporty Party

"At parties we always used to play pass the parcel. The best bit of pass the parcel is not actually winning the big present at the end, but when sweets and other treats fell out from in between the wrapping!"

The trick to winning pass the parcel is to grab the parcel quickly from the person passing it to you and pass it really slowly to the person sitting next to you!

It was good when we had our end of term parties at my dancing classes. There were loads of us and everyone would bring something to eat, so someone would bring the crisps and someone else brought the jelly or the cake or the sandwiches. It meant we had loads and loads of food! Then we would all play games and dance.

We used to go to my auntie's house for parties at Christmas. We only saw some of our cousins once a year and so we used to put a play on for all the adults. My auntie had a huge dressing up box, so we all used to be different characters, like a pirate or a fairy!"

Fresh and Fruity Sports Buffet!

- Fruit kebabs on a stick
- Kickin' cocktail fruit punch with melon balls floating in it
- Chocolate footballs
- Salt 'n' Lineker crisps
- Orange slices at half time
- Sports biscuits, malted biscuits with stick men doing different sports on
- Energy-giving banana
- Healthy pasta salad, just like the footballers eat!

Videos

- When Saturd[ay] Comes
- Highlights o[f] Liverpool's golden years i[n] the 1970s
- Power Range[rs]
- Anything wit[h] Bruce Willis in!

DECORATE! Put up (red!) football scarves and [b]anners!

TELL EVERYONE TO WEAR TRACKIES AND TRAINERS AND BRING WHISTLES!

BACKGROUND MUSIC:
'The Liverpool Groove', 'You'll Never Walk Alone'

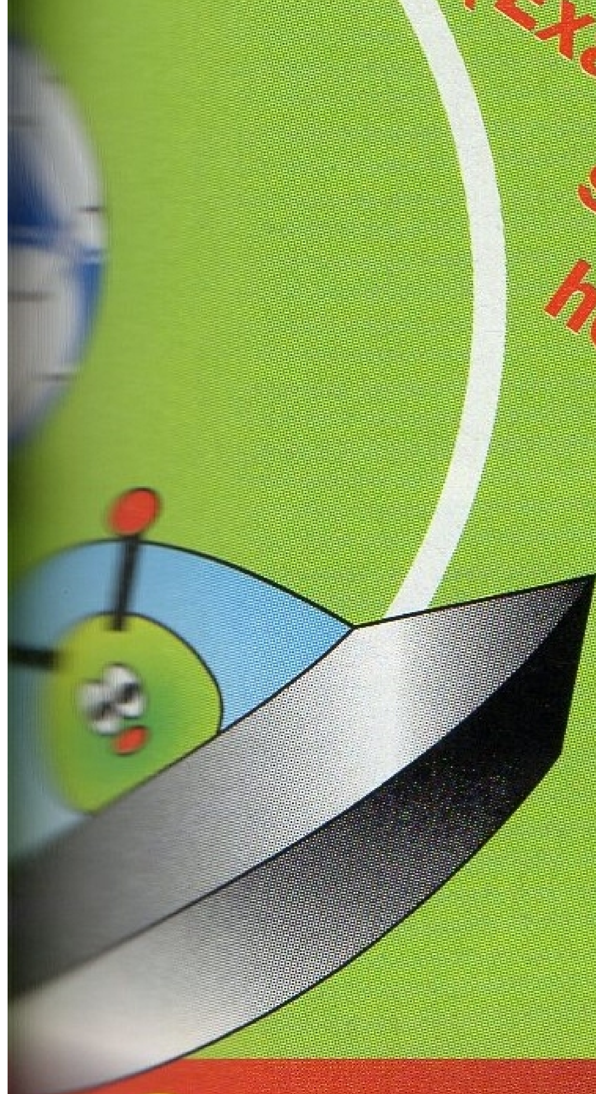
SNEAKER SCRABBLE!

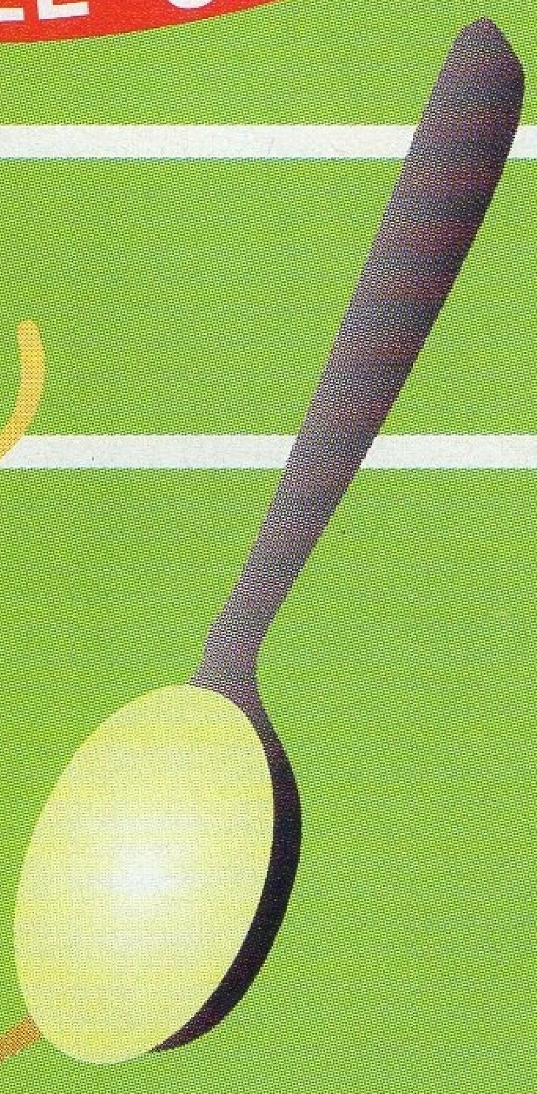
Take off your (smelly?) trainers and put them in a big box in the middle of the room.

Line everybody up around the edge of the room.

When the whistle goes, you all have one minute to find your trainers, put them on and tie the laces!

If you haven't done it in time, you have to do a forfeit! (Example: sniff somebody else's sneakers! Or do the splits, a headstand or a forward roll!)





OTHER GAMES

Twister!, thumb wrestling, one touch, slapsies, three-legged races, egg and spoon races, sports quiz.

GAMES

SPACE INVADERS

- Line up your alien lookalike mates against a wall!
- Take it in turns to be the space commander
- Space commander aims and kicks a soft ball at the aliens
- Whoever gets hit with the ball is out!
- The last remaining alien is the next space commander!

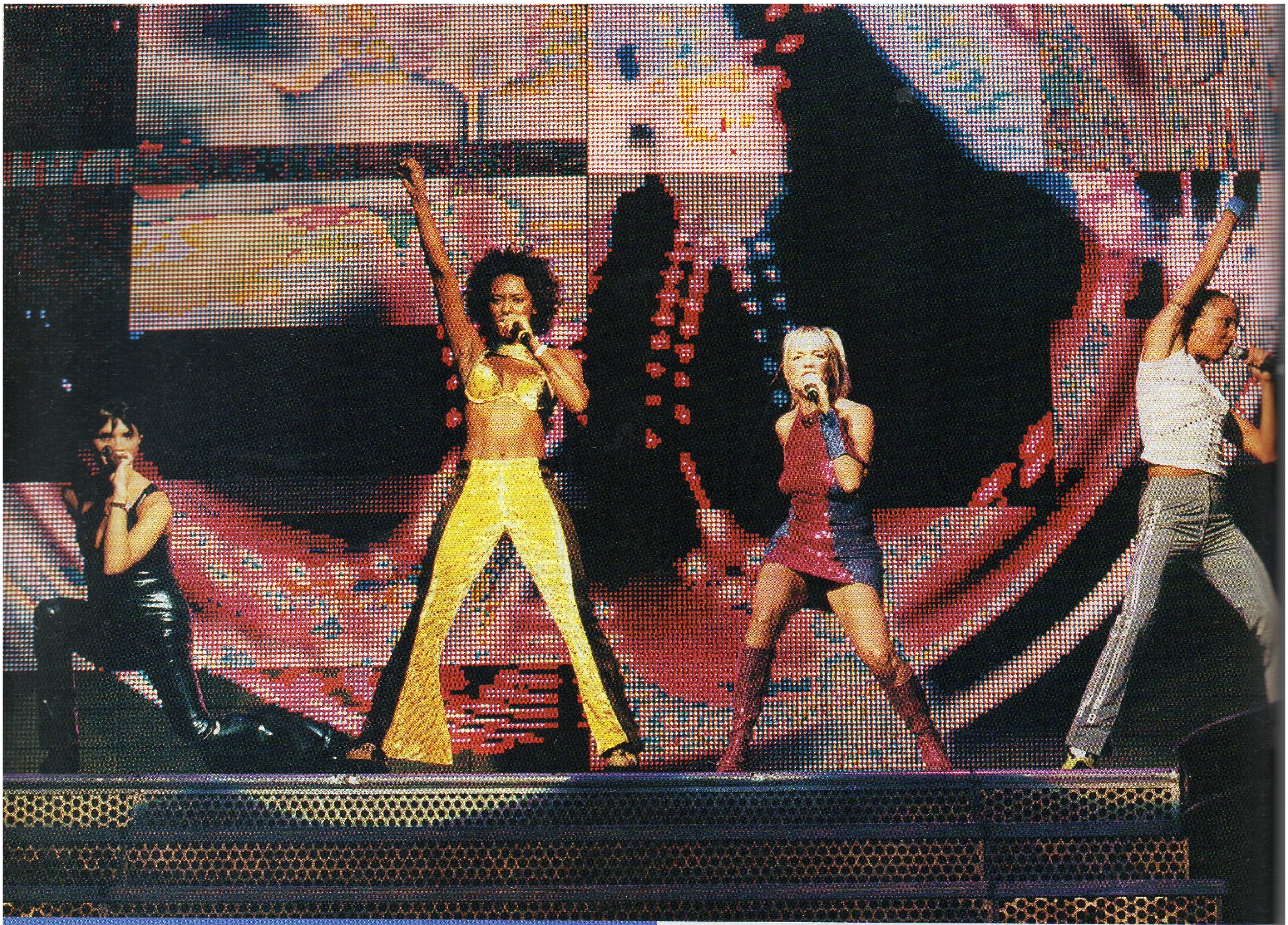
FAME NAME GAME

- When your guests arrive, give them each a badge with the name of a famous sporting personality written on it.
- Tell everyone they have to call each other by that name all night.
- Anyone who forgets has to do three push-ups on the spot!

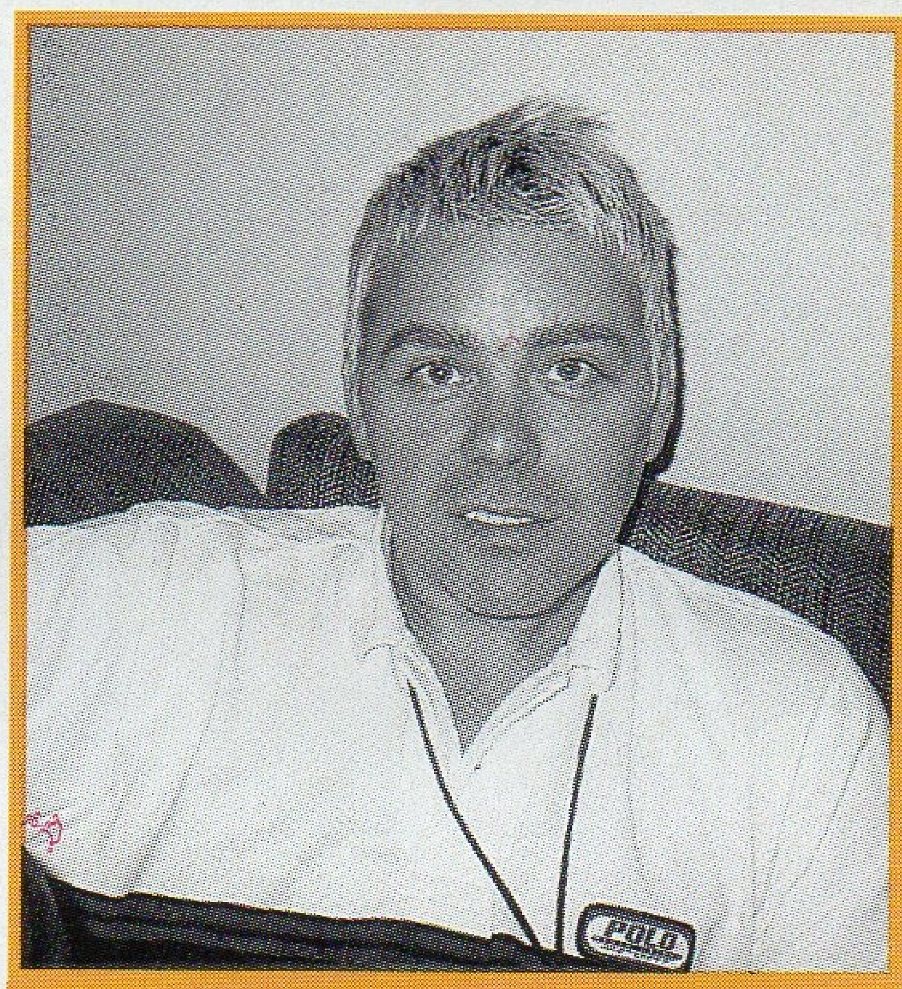
(Examples: Eric Cantona, David Beckham, Linford Christie, Tim Henman, Michael Owen, Sally Gunnell, Natalia Kournikova, Steffi Graf)

PENALTY SHOOT OUT!

- Put up two sticks or cones for goal posts
- Put granny in goal!
- Try and score (no rebounds!)
- Best of five
- The winner gets wet kiss from granny in true football tradition!



MeEt tHe baNd



SIMON ELLIS
MUSICAL DIRECTOR/ KEYBOARDS
NICKNAME Piano Spice

ALSO TOURED WITH... D–REAM, Belinda Carlisle, Mica Paris, East 17

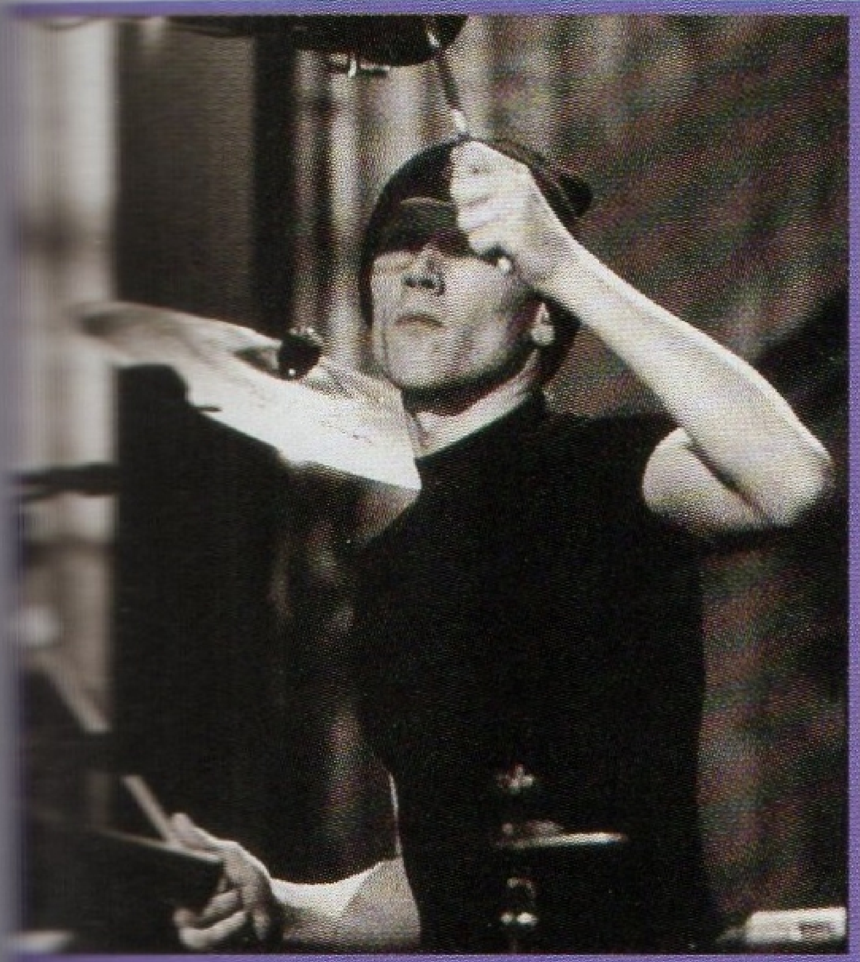
FAVOURITE SPICE GIRL SONGS I like 'If U Can't Dance' because when we play it live it sounds very powerful and very different to the record. 'Two Becomes One' is a great song and I love 'Naked'.

HARDEST SONG TO PLAY The encore, 'Never Give Up On The Good Times' and 'We Are Family', because there are lots of samples and sequences for me to sort out.

MESSING ABOUT One night we launched into the first song and the band suddenly realised that the sound system out front wasn't switched on. So all the crowd could hear was a tiny little noise coming off stage. That was a very embarrassing moment! Mel B sometimes turns round and calls me funny names if she thinks something's gone wrong! Mel C always looks at me at the same point in 'Wannabe' and sticks her tongue out. We really do have a laugh.

Hey everybody! Put your hands together and give it up for the boys who make the noise...

meet the band



FERGUS GERRAND
PERCUSSION
NICKNAME Ninja Bongo Ferg

ALSO TOURED WITH... Duran Duran and Madonna as a drummer, played percussion for East 17 and Take That...

FAVOURITE SPICE GIRLS SONG 'Spice Up Your Life', because I've got a big percussion solo in it. In fact, it's a percussion frenzy!

HARDEST SONG TO PLAY 'If U Can't Dance', because it's the opening song so I get nervous. That's when the adrenaline rush comes!

MESSING AROUND The power went down at the Jones Beach show in New York! We did the first part of the show with half a lighting rig and half the video screens. It looked like we were playing in a scout hut instead of a big arena! Luckily, full power came on for the second half.

PAUL GENDLER
GUITARS
NICKNAME Rock 'n' Roll

ALSO TOURED WITH... East 17, Cathy Dennis and Level 42. (Recorded with Take That, Gary Barlow, Damage...)

FAVOURITE SPICE GIRLS SONG 'Sisters', which the two Mels sing. It's fun it's loose – you can really let go and rock out a bit – and I like playing my guitar solo!

HARDEST SONG TO PLAY I find 'Viva Forever' the hardest because I have to concentrate on playing the Spanish guitar solo. It's very fiddly.

MESSING AROUND It was quite funny when Mel C's trousers split and she ran off stage. Nothing very funny's happened to me yet, but watch this space, you never know what might happen at Wembley Stadium!

MICHAEL MARTIN
KEYBOARDS
NICKNAME: Mr Luvva Luvva

ALSO TOURED WITH... East 17, Vanessa Mae, Aswad, Coolio...

FAVE SPICE GIRLS SONGS 'Viva Forever', 'If U Can't Dance', 'Spice Up Your Life.'

HARDEST SONG TO PLAY The most involved part for me is 'Viva Forever', because it's got lots of different parts. The rest are much easier.

MESSING ABOUT I have a lot of fun watching what Mel B's going to do next. She doesn't stick to the script and does something different every night. Just before the Girls sing 'Spice Up Your Life', Mel C always asks: "What time is it, Mel?" and Mel B is supposed to say: "It's time to Spice Up Your Life!" Well the other night, instead of saying: "It's time to Spice Up Your Life!" she just looked at her watch and said: "It's 10 o'clock." I thought that was fantastic, really funny. Another night, at the intro to 'Wannabe', when Mel C said: "What do you really want?", Mel looked over to the side of the crowd and said: "I really want one of those cheese burgers!"

ANDY GANGADEEN
DRUMS
NO NICKNAME

ALSO TOURED WITH... Massive Attack, Soul II Soul, Lisa Stansfield, M People and James Brown...

FAVE SPICE GIRLS SONGS 'Naked', without a doubt. It's got fantastic chords in it and a nice lush feeling to it. The way the chords work and the way the harmony runs on top of it make it really quite moving.

HARDEST SONG TO PLAY The instrumental music after the last song, right at the end of the concert, when the closing sequences are showing on the screens. It's called 'Sly's Big Beats'.

MESSING ABOUT Every night I laugh when the Girls introduce the dancers and say: "I wonder if they're real?" or "Are they human?" Of course they're human! Sometimes they say: "Oh that one looks like me!" and that cracks me up, because the Spice Boys look nothing like any of the Girls. Once I looked up to see that Victoria's trousers had split at the back. I did the decent thing and looked away!

STEVE LEWINSON
BASS GUITAR
NICKNAME: Sleepy

ALSO TOURED WITH... Simply Red, George Michael, Everything But The Girl, Lisa Stansfield, Massive Attack...

FAVE SPICE GIRLS SONGS It used to be 'Naked', but now I like 'If You Can't Dance' and 'Too Much'. 'If You Can't Dance' is very musical and sets me up for the rest of the concert. I use the intro before it to psych myself up and then use 'If You Can't Dance' to get my adrenaline rush and get into the gig. 'Too Much' is just a very nice song and nice to play. I like 'Mama', too.

HARDEST SONG TO PLAY The hardest thing is making sure you always give 100 per cent when you're playing the same songs every night.

MESSING ABOUT One of the Girls fell over on the stage. Afterwards she said: "I thought I was going to get up and see you laughing, but you weren't. What did that look on your face mean?" I said: "That was concern! I would never laugh at anybody's misfortune." We're a team. We try to be supportive!

RAP GIRLS!

It was wicked making a record with Missy Elliot. She's so cool! Here's what happened...

A FEW MONTHS AGO, MISSY ELLIOT'S COMPANY GOT IN CONTACT WITH OUR record company, Virgin, about a song she wanted me to do. It's a track for a movie about Fifties doo-wop singer Frankie Lyman – a true story about how he had three marriages and none of the wives knew about each other until he died. When they all finally get to meet, they find out that he acted like a completely different person with each one of them!

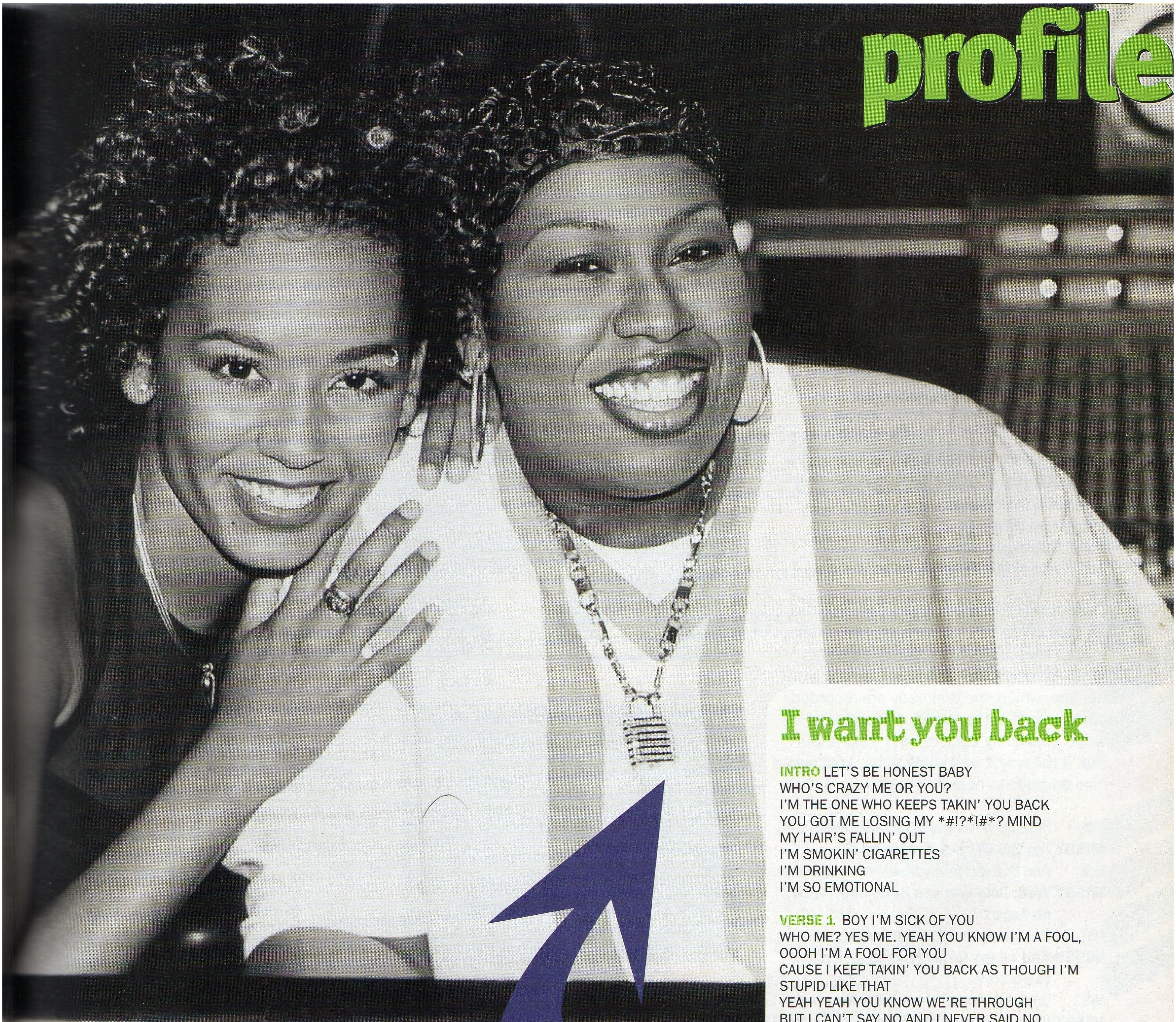
MISSY WAS ASKED TO DO THE MOVIE SOUNDTRACK AS A PROJECT AND SHE CHOSE loads of different R&B artists and rappers to do different songs for it, including Usher, Mace, Destiny's Child and Next. My song, 'I Want You Back', is quite lively and upbeat, but still down with it in the credibility stakes. It's a really light and happy song, even though the lyrics aren't that happy. It's quite funny because she cusses him throughout the song, telling him how bad he is.

I LISTENED TO THE SONG A FEW times. Originally I was supposed to sing a rap at the start which said things like, I'm so emotional, my hair is falling out and I'm drinking and smoking a lot. It also had swearing in it and I thought, no way, I don't really want to say that! So on the day we were recording, I said I thought we should change that bit. It was difficult to say, because Missy wrote the song and you have to respect people's writing, but she was alright about it!

THE DAY BEFORE I WAS DUE IN the studio, I went over there just to say hello, because I didn't want to walk in on the day and not know who anyone was. I'd been on the phone to Missy every day for the week before; but I wanted to meet her in person.

WHEN I GOT THERE, DESTINY'S CHILD were in the studio singing – I really like their music. Their reaction to seeing me was mad – they were like, "Wow! That's Melanie from the Spice Girls!" But I was like: "Wow! That's Destiny's Child and Missy Elliot!" I was more WOW! than they were and they were a bit stiff and quiet with their wow, which I found really strange. You expect really cool people like that just to think, oh yeah, so what? But they seemed a bit nervous about meeting me!

ANYWAY, I WENT IN AND SAID A BIG HELLO and Missy says: "Yeah, Melanie, I want you in at 12pm tomorrow." I said I couldn't make it that early and how about 1pm? She



Originally I was supposed to do a rap at the start which had stuff about smoking and swearing in it and I thought, no way, I don't really want to say that!

said that was okay. In the end I got to the studio at 1.30pm and she wasn't even there yet. And I only had a day to put down this track because my schedule was so full.

THERE WERE TWO REALLY NICE producers on the mixing desks and we started recording. When Missy walked in they nearly wet themselves, because obviously the desks are her domain. There was a bit of a funny atmosphere and they left with their tails between their legs. That just left Missy and me. I felt embarrassed singing in front of her, because she's so cool. But I soon got over it!

I RECORDED ALL THE BACKING VOCALS and harmonies myself because I wanted the whole track to sound like me, even though it doesn't sound much like I do in my Spice Girl role. Then Missy shut the studio door for about ten minutes and I thought: "What's going on? Am I going to be allowed to go back in there or not?"

EVERYONE WAS PANICKING AROUND her because she is quite a feisty woman. About five minutes before she shut the door she had a complete go at a girl for repeating herself by asking the same question twice! I thought: "Oh my god!"

I want you back

INTRO LET'S BE HONEST BABY
WHO'S CRAZY ME OR YOU?
I'M THE ONE WHO KEEPS TAKIN' YOU BACK
YOU GOT ME LOSING MY *#!?*!#*? MIND
MY HAIR'S FALLIN' OUT
I'M SMOKIN' CIGARETTES
I'M DRINKING
I'M SO EMOTIONAL

VERSE 1 BOY I'M SICK OF YOU
WHO ME? YES ME. YEAH YOU KNOW I'M A FOOL,
OOOH I'M A FOOL FOR YOU
CAUSE I KEEP TAKIN' YOU BACK AS THOUGH I'M STUPID LIKE THAT
YEAH YEAH YOU KNOW WE'RE THROUGH
BUT I CAN'T SAY NO AND I NEVER SAID NO
WHY I CAN'T SAY NO TO YO, BECAUSE YOU TREAT ME SO WACK AND FACT I WANT YOU BACK

CHORUS I THINK I WANT YOU BACK
YOUR LOVE HAS MADE A DEEP IMPACT
I KNOW IT MIGHT SOUND WACK
BUT DAMN I THINK I WANT YOU BACK
WANT YOU
I THINK I WANT YOU BACK
YOUR LOVE HAS MADE A DEEP IMPACT
I KNOW IT MIGHT SOUND WACK
BUT DAMN I THINK I WANT YOU BACK

VERSE 2 BOY I'M TIRED OF YOU
RUNNIN' OVER ME TELLIN' ME WHAT TO DO
NOW WHAT HAVE I DONE TO YOU
TO MAKE YOU S** A LOT I THOUGHT I MADE YOU HOT
NOW DON'T MAKE ME ACT A FOOL
I KNOW I TALK MAD JUNK BUT I KNOW WHAT I WANT
WHAT I TRULY WANT IS YOU
AND EVEN THOUGH YOU'RE A MACK TRUE DAT I WANT YOU BACK

CHORUS I THINK I WANT YOU BACK
YOUR LOVE HAS MADE A DEEP IMPACT
I KNOW IT MIGHT SOUND WACK
BUT DAMN I THINK I WANT YOU BACK
YOU GOT ME LOSIN' MY MIND, MY MIND
YOU CAN'T KEEP BREAKIN' MY HEART
YOU GOT ME DRINKIN' LIQUOR IN THE MORNIN'
SITTIN' ALL NIGHT AT THE BAR

REPEAT CHORUS TO FADE

profile

But it made me laugh because I realised that she's really laughing with you – even though she's scary.

I WAS WITH KARIN AND VERN AND DEAN and Jane from the record company and we all went into the chill-out room, which was full of R&B artists and rappers. No-one spoke to us, so I started making conversation. Then Karin and I got the giggles because they were all talking in slang and we couldn't understand a word they were saying! Also, they were eating mounds and mounds of food and we all started feeling a bit sick just watching them. Karin and I went off to the toilet for a giggle attack and when we came back Missy had rewritten the first part of the song, thank god. I just didn't like it the way it was originally.

I WENT BACK INTO THE STUDIO TO SING my part of the new rap. I had to sing a line, miss a line, sing a line, then miss a line. When I'd done each line, she came in with her line, which she'd already pre-recorded. When it's all put together, it sounds like we're answering each other. I wasn't told that's the way it was going to be, so it was a nice surprise to hear it. It goes:

ME I'm the M to the E-L-B you know me.
MISSY I'm the M-I-S-S-Y, with an E.
ME And I've got many flows from overseas.
MISSY Well, how can you beep-beep with no keys?
ME I've got spice, I'm tight with my flows.
MISSY And all my flows have been known to go blow.
ME Well let me hit this one before I go.
MISSY Well I'll let you go if you say so.

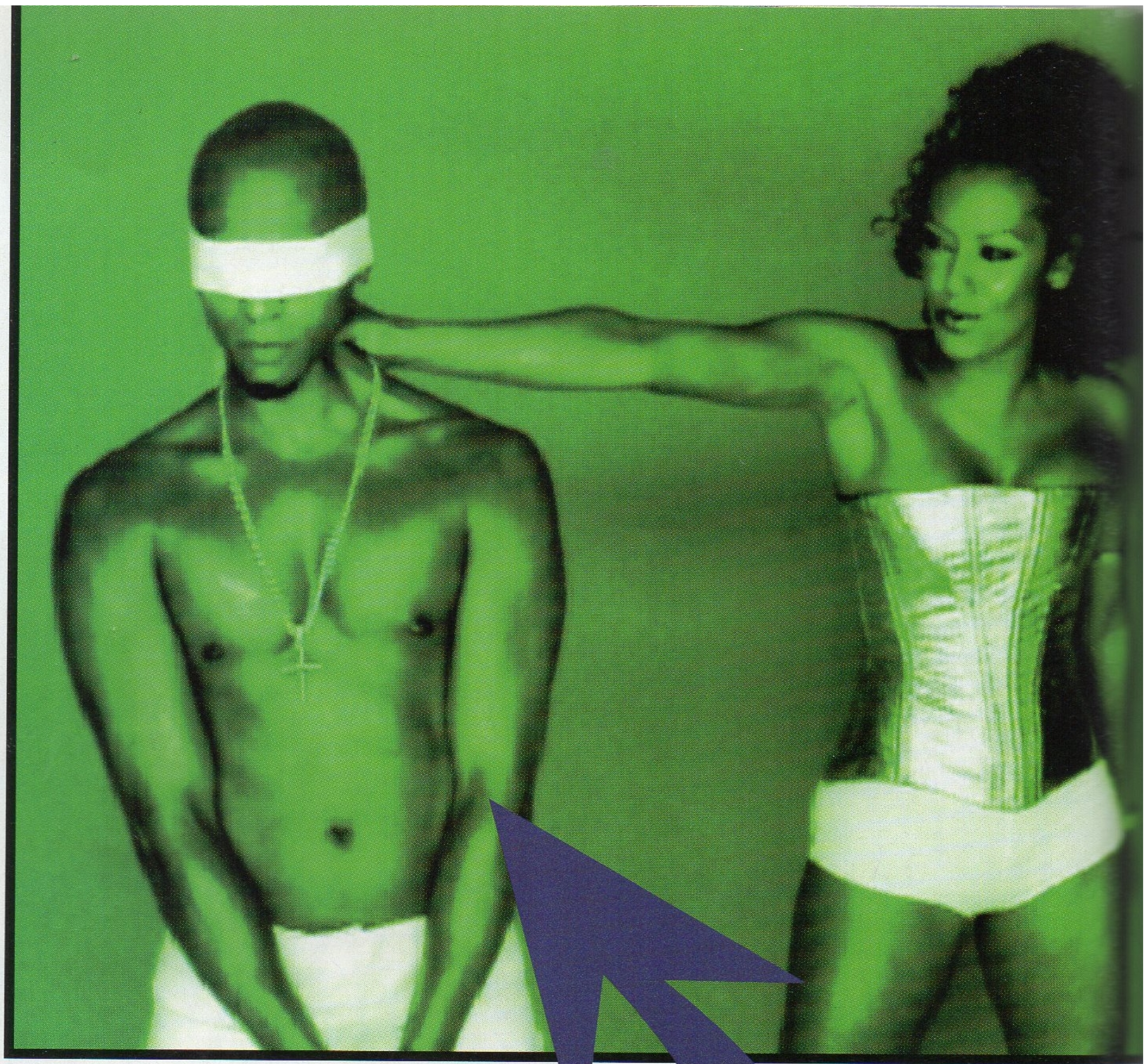
(flow=chat; blow=go mad)

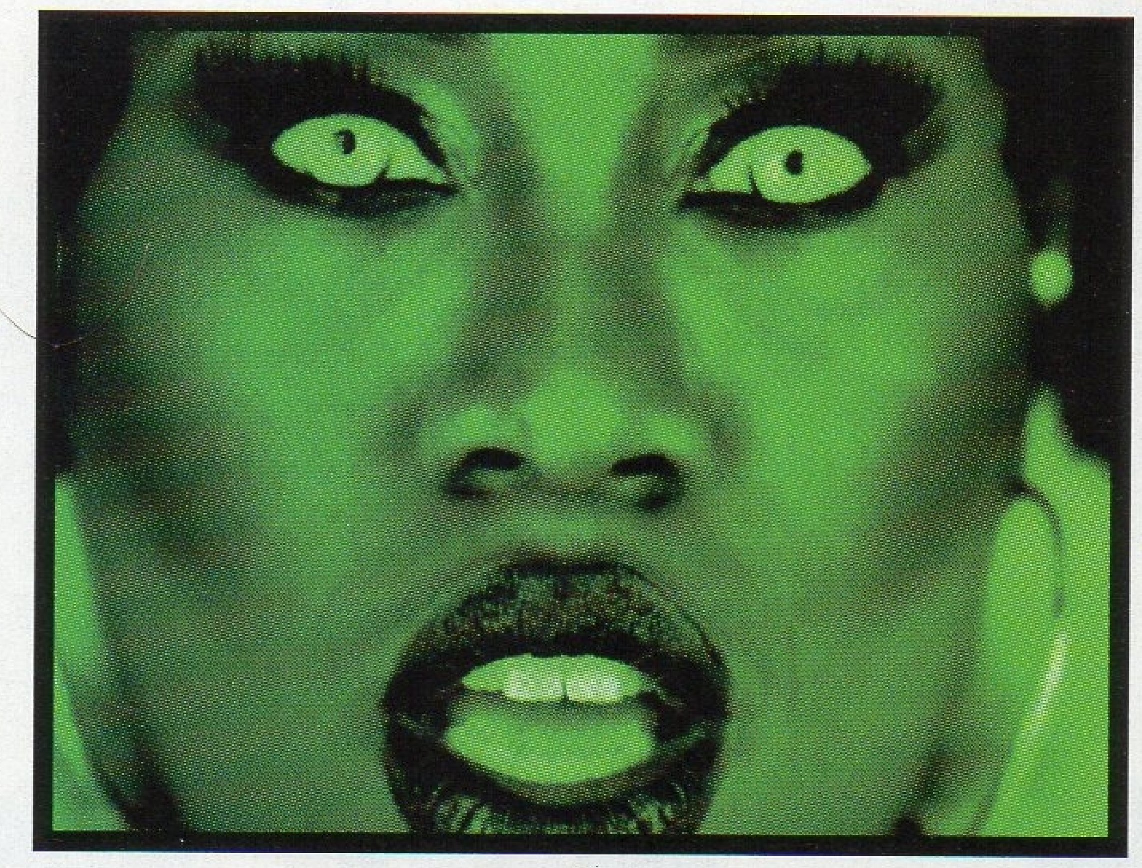
IN THE SONG, I'M NOT BEGGING FOR THIS guy to come back into my life. I'm actually telling him what he's done and what he's about and that, in actual fact, he has made a deep impact and I do want him back!

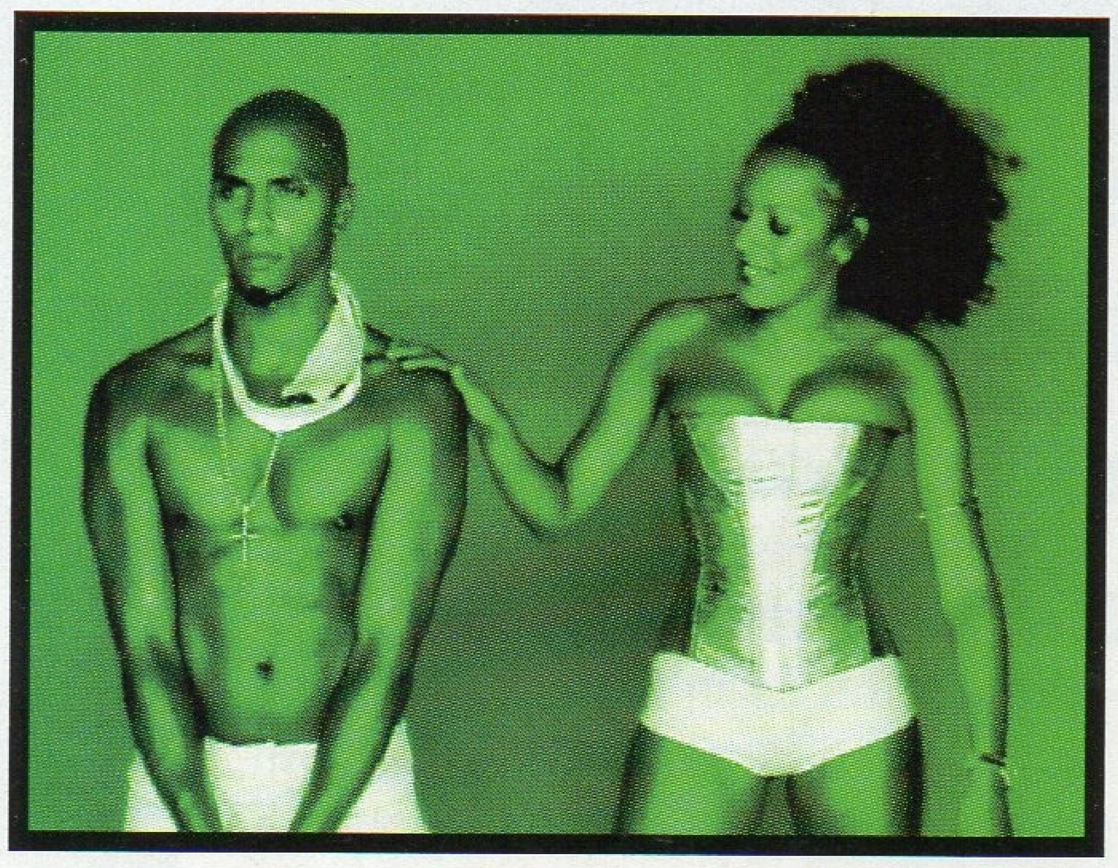
MISSY SAID: "I WANT YOU TO DO YOUR own thing at the end of the song." I was like, "What do you mean my own thing?" She said: "Just rap, just chat." I thought: "Help! What am I going to do?"

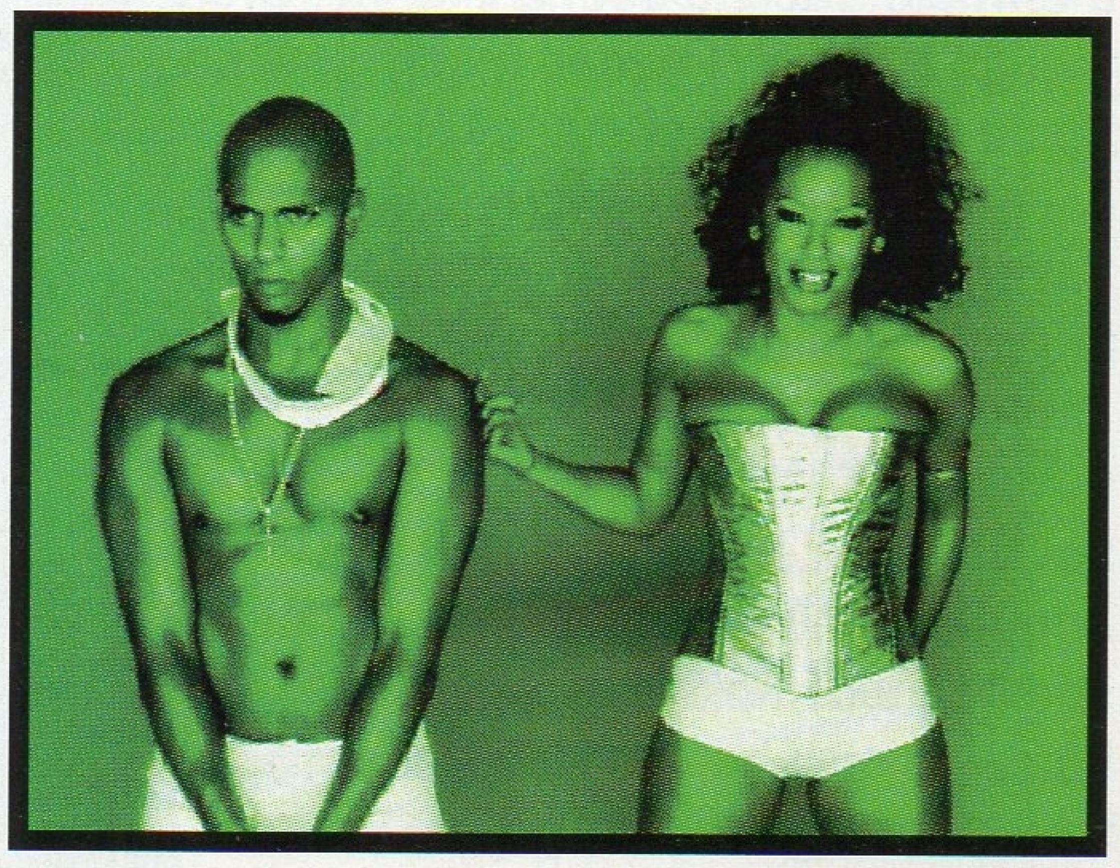
SO I GOT ON THE MICROPHONE AND SAID: "Actually, I've been thinking about it. I don't want you back at all. Bye! See ya!" As usual, I was just taking the mickey out of it all. And she kept it on the record!

I FLEW TO NEW YORK FROM NASHVILLE TO film the video on a day off. Jim, my fiancé is in it, too, although the director didn't know he was my man. I just sent in a picture of









Jim, my fiancé is in the video, too, although the director didn't know he was my man. I just sent in a picture of him and a note saying: "I want this person in it." And the director said: "Yeah, he's good looking, he's cool. Okay."

him and a note saying: "I want this person in it." And the director said: "Yeah, he's good looking, he's cool. Okay."

AT THE START OF THE VIDEO, MISSY AND I are both in skin tight black patent leather catsuits! Then I wear a neon green tiger suit and my face is painted with cat stripes. It's a proper American freaky video!

I'LL ALWAYS BE A SPICE GIRL, BUT I'D definitely like to do more projects like this song with Missy Eliot. Not long ago Prince invited me to his party and said he really wants to work with me. I'd love to write with him – he would be a wicked person to work with. So watch this space!

HOW TO HAVE A HAIRY SCARY FRIGHT

I didn't really have parties when I was young. Often my friends and I used eat pizza at my house and then go to the pictures. But I remember once I had a sleep-over party. My mum put loads of mattresses on the floor so it became one big bed. It was excellent – a right laugh!

GAMES

THICKO!

You will need: a blow-up hammer or mallet and a quick mind!

Sit in a circle.

Someone starts by saying a scary word (it could be a scary word like 'ghoulish', 'headmaster' or 'Mel B').

The person next to them has to say the first word they think of that's connected with the first word.

The person next to them does the same.

And so on, round the circle.

If anyone hesitates or repeats a word, they get hit on the head with the blow-up mallet!

Example: "Mel B!" – "Scary!" – "Ghost!" – "Thriller!" – "Chiller!" – "Er... uh-oh!" – bang!

MURDER IN THE DARK!

Tear off one piece of paper for every guest at the party.

Write 'Murderer' on one piece and 'Detective' on another.

Leave the rest of the pieces of paper blank.

Put the pieces of paper in a hat or bowl and hand it round.

Ask every guest to take one piece of paper.

Keep it secret if you're the Murderer!

Tell everyone if you're the detective and leave the room.

Turn the lights off.

The first person to be "murdered" should scream very loudly!

The detective returns and tries to work out who the murderer is by asking questions.

OTHER GAMES

British Bulldog, Grandmother's Footsteps, Truth-Dare-Double Dare, Atmosfear!

NIGHT PARTY!?!

SCARY SURPRISE

Ask your brother or sister to come down dressed as a ghost (wearing a white sheet) and moaning in the middle of murder in the dark, when the lights are off! Then there really will be some screaming!

GHASTLY GRUB

YOU WILL NEED:

Jelly snakes.
Monster Munch crisps.
Spicy sausages.
Chocolate scary cakes with green icing.

HOW TO MAKE EDIBLE RATS (AAAGH!):

Take half a tinned pear, stick a licorice tail in the end, wedge in two chocolate buttons for ears and two raisins for eyes. Then cut a white chocolate button in two and stick under the eyes to make teeth! Scream loudly before eating!

HOW TO MAKE CRISPY CAKE POOS!

Make some crispy cake mixture (melt some chocolate in a bowl over a pan of hot water, then add rice crispies and mix around). Mould into poo shapes and put in the fridge for at least an hour before serving.

HOW TO MAKE SHARKS IN CUSTARD!

Make a big bowl of thick custard and put into a flat glass dish. Take 10 After Eight chocolates and cut them diagonally in half. Stick them in the custard to look like sharks' fins!

DECORATE!

Hang pretend spiders and witches hats from the ceiling! Put up green and black streamers.

Ask your guests to black out their front teeth before they arrive!

DRINKS

Monster mixture
Dye your lemonade with green or black food colouring and add headless jelly babies!

Scary Mary
Blood-red tomato juice and a slice of lemon

Videos

Jaws, Mathilda and the Witches

TV TIMES

It's always a laugh when you sit around and chat about your favourite telly programmes... here's what we were talking about last night!

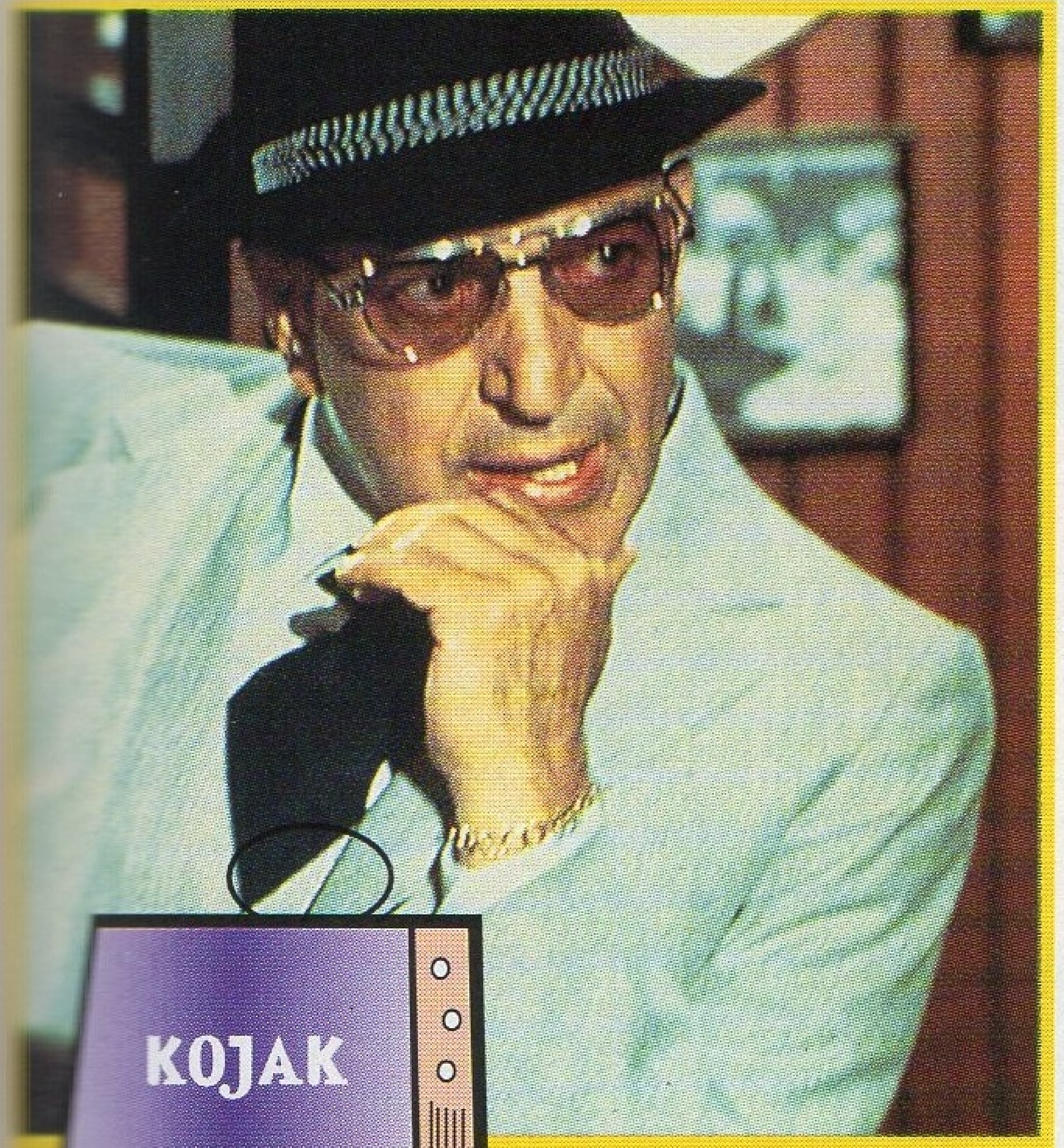
EMMA and MEL B We love chat shows – they're the best thing about American TV!
EMMA In LA they have a whole channel just dedicated to chat shows and sometimes I sit in when I've got a day off and watch them all day. They're so unreal – it's amazing.
MEL B They're very entertaining, but they're sad at the same time. How can you go on national TV and call your mother nasty names?
EMMA I saw one where a couple came on. They'd been together a while and suddenly the girl revealed to her boyfriend that she was in fact a man! He was gutted, totally gutted.
VICTORIA American chat shows are far more shocking than English ones.
EMMA Yeah, they're miles better, but the quality of the rest of their TV isn't up to much.
MEL C There is a lot of great stuff on American television, but it gets diluted because there's so much crap.
MEL B The adverts are terrible because they make you really want to buy their products when you don't actually want them. They're that good at selling you things you sit with your finger on the touch tone thinking "I just have to have that!"
VICTORIA I was in my room once and there was an advert on for a cream that makes you lose weight. I thought, "Oh yeah, as if...!" and watched it really cynically. But it was on for quite a while and by the end I found myself searching for a pen to write down the number and order it!
MEL B And there are ads for all these mad psychic lines that say: "Call me for a free consultation, NOW!"
EMMA Yes! I wrote down the number of one last night! I was going to ring, but then I got scared and decided to do it when you lot are around.
MEL C America makes some excellent comedy shows, though.
EMMA Yes, they're great when you get into them, but the problem is that there are always 15 million adverts in the middle of them.
MEL C I love *Seinfeld*, *Veronica's Closet*, *Friends* and a new one called *Sex In The City*, with Sarah Jessica Parker. It's excellent.
EMMA And *The Simpsons*!
MEL C *The Simpsons* – and *South Park* is good. So is *Mad About You*.
VICTORIA What about the *Flintstones*? I love the *Flintstones*!
MEL C I used to watch that when I was younger.

on the telly

MEL B I used to love *The A-Team*!
MEL C Omigod, you've just broken my dream! How bizarre is that? Last night I dreamt about *The A-Team*!
MEL B (Sings the theme tune.)
MEL C That is so weird. It's freaked me out. I was in a jeep with Mr T and *The A-Team* was real.
EMMA I fancied 'Face' from *The A-Team*!
VICTORIA and Mel B fancied...
MEL B I didn't like any of them!
MEL C I liked 'Howling Mad' Murdoch.
MEL B I loved *Planet of the Apes*, which was always on Sundays.
MEL C What about *The Incredible Hulk*? I always used to cry when he was in the graveyard looking at his own gravestone.
MEL B It was great, that programme!
EMMA I loved the music.
MEL C It was so sad, wasn't it?
MEL B I never liked *Star Trek* and I thought *Charlie's Angels* was crap.
MEL C What about *The Dukes of Hazzard*?
MEL B No. Rubbish!
MEL C *Cheers* was great, though!
MEL B No, I hate *Cheers*! I loved *Lassie*. Everyone used to watch *Lassie*.
VICTORIA Remember *Flipper*?
EMMA And *Hobo, The Littlest Hobo*!
(Everyone sings the theme tune)

MEL B I liked *Little House on the Prairie*!
MEL C What about *Grizzly Adams*?
MEL B *The Addams Family*!
MEL C *The Munsters*!
VICTORIA What about *Kojak*, starring Telly Savalas? I once lost my suitcases in Cyprus and the rep kept saying: "Don't worry, Telly Savalas has lost his bags as well!" Great!
EMMA Bewitched was great and I like *Tabitha The Teenage Witch*! I thought *Dallas* and *Dynasty* were excellent. I remember telling the babysitter that we had to watch them every time they were on!
VICTORIA What about *Hotel*? Do you remember that one?
MEL B Oh, crap!
EMMA *Sesame Street*!
MEL C I loved that – and *The Muppet Show* was my favourite programme for years. I liked the Count. "Ornk ornk!"
VICTORIA The Swedish Chef was the best one! "Hurdy gurdy!" and Miss Piggy. What about the one where the family used to appear in boxes on the screen?
EMMA *The Brady Bunch*!
VICTORIA (Sings) "Here's a story, of a lovely lady, dee dee dee dee dee dee dadada dee!"
MEL C Did you used to watch that?

(Amazed) I know! I know! *Little House on the Prairie* (Everyone sings theme tune for 30 seconds).
EMMA And *The Waltons*! Listen to this. Before I used to go to nursery school, I used to sit with my fish fingers and watch *The Waltons*.
VICTORIA and **MEL B** "Goodnight, Jimbob!"
MEL C American cartoons are good – *Bugs Bunny, Road Runner*. "Beep beep!"
EMMA And *Where's Wally*? They call it something else here, but it's the same thing.
MEL C None of us ever watch *The X-Files*, do we?
EMMA No, I hate it. *er*'s alright though. I like George Clooney!
MEL C I like *Friends* and *Roseanne*. *A Different World* is good as well. *The Cosby Show* was a classic.
EMMA And (sings) "Different strokes, it takes different strokes... " I liked that.
MEL C *Fresh Prince of Bel Air*! That's a Spice fave!
EVERYONE Yeah!
MEL B Enough about TV. Let's talk about something else, now!

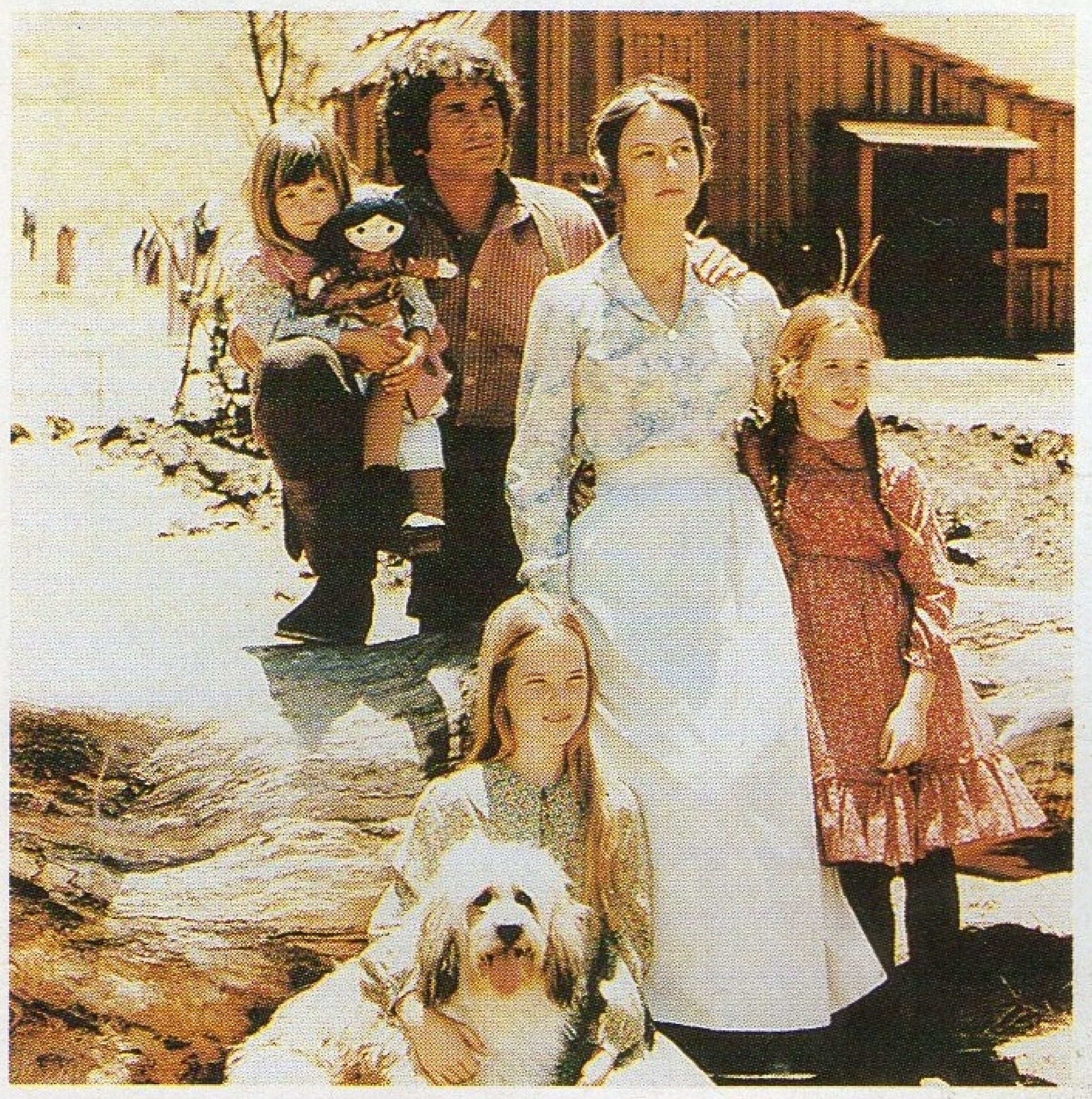


KOJAK

What is it? Gritty drama about a New York cop who is tough on the outside but soft and caring inside (Aaaah).
Stars Er... Kojak!
Famous for... Making bald men sexy and lollipops cool.
Catch phrase "Who loves ya baby?"

LITTLE HOUSE ON THE PRAIRIE

What is it? Drama about the Ingalls family' who live a simple life in the middle of nowhere.
Stars Charles, Caroline and Carrie Ingalls, Laura Ingalls Wilder, and Mary Ingalls Kendall.
Famous for... Its sentimentality.
Catch phrases "What's wrong half-pint!"



THE A-TEAM

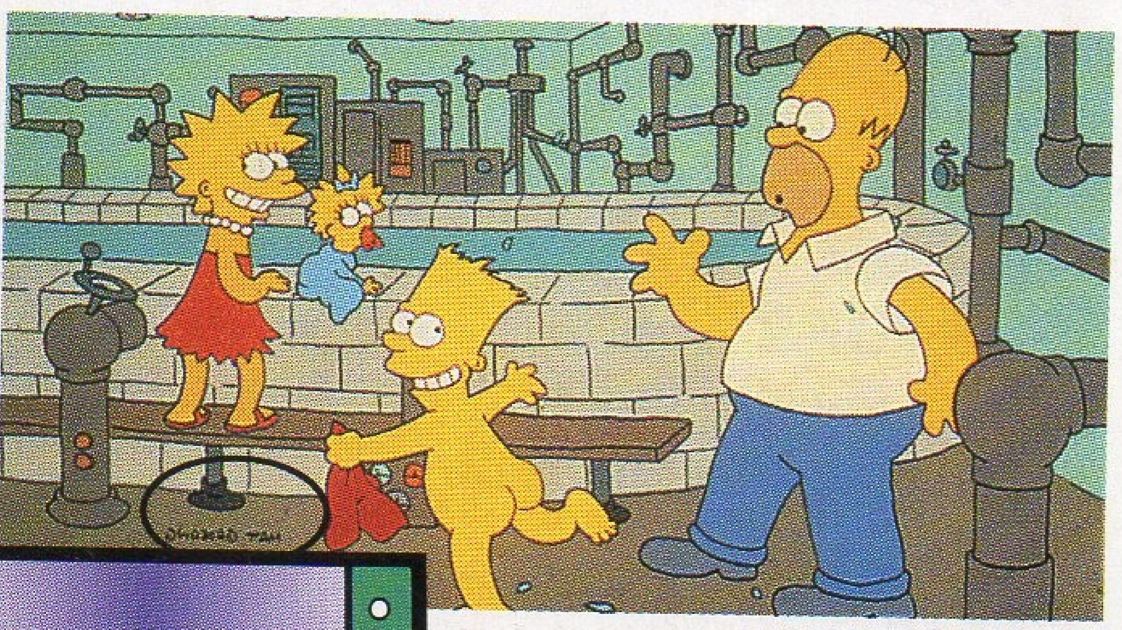
What is it? Action adventure series starring a crack squad of nice mercenaries who help out people in distress.
Stars Capt HM 'Howling Mad' Murdoch, Sgt Bosco 'BA' Baracus, Col John 'Hannibal' Smith and Lt Templeton 'Faceman' Peck.
Famous for... Mr T's (BA Baracus) jewellery – it took him three hours to put it all on!
Catch phrase Mr T: "Shut up you crazy fool!"

THE PLANET OF THE APES

What is it? Sci-Fi drama set in the year 3085 AD when apes rule the world and humans are their slaves.
Stars Galen, Virdon, Burke, Urko and Zauis
Famous for... Unconvincing monkey costumes.
Catch phrases "Apes evolved from humans!"

THE MUNSTERS / THE ADDAMS FAMILY

What were they? Comedies about the families named in the titles that took a whacky, topsy turvey look at normal life. Everything that's good is bad and all ugly things beautiful.
Stars Munsters: Herman, Lily, Grandpa, Eddie and Marilyn. Addams: Gomez, Morticia, Pugsley, Wednesday, Uncle Fester and Lurch.
Famous for... Not being Victoria's Mum and Dad!
Catch phrases "Thing!"



THE SIMPSONS

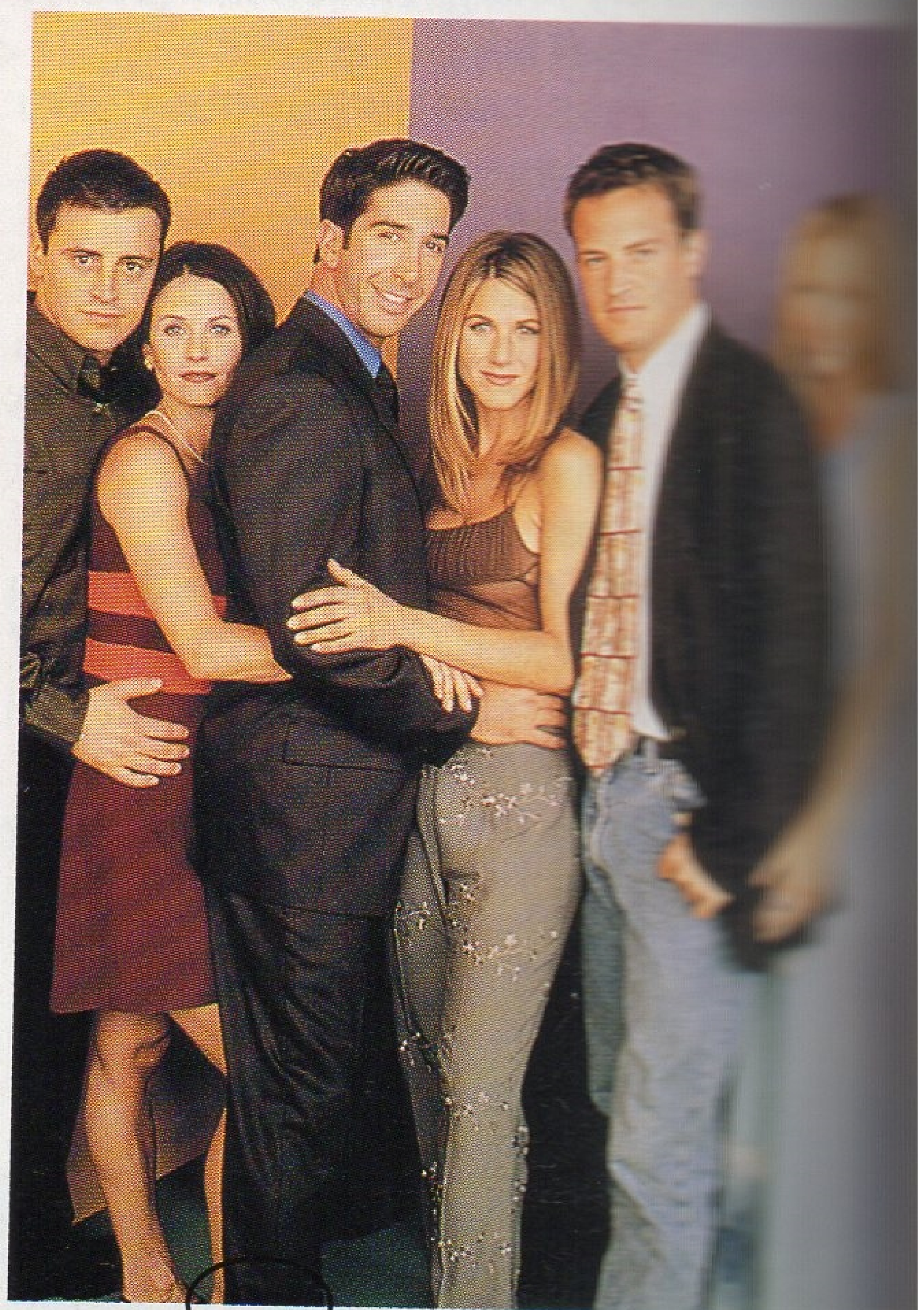
What is it? Hilarious and often very clever cartoon about the yellow-skinned family's adventures.
Stars Homer, Marge, Bart, Lisa and Maggie
Famous for... Having loads of stars queuing up to be in the show. They've had Barry White and Ringo Starr – Michael Jackson even appears in one episode as a big, white mental patient!
Catch phrases Bart: "Eat my shorts"; Homer: "Doh!"

CHEERS

What is it? Sit com about the lives of the regulars who drink in the bar where "everybody knows your name".
Stars Sam, Norm, Cliff, Frasier, Woody, Carla, Diane, Coach, Rebecca.
Famous for... The fact that the bar actually exists – it's in Boston and you can go and visit.
Catch phrase "Norm!"

DALLAS / DYNASTY

What are they? Dallas was the tale of a rich, powerful Texan oil family and their desire for more money and power. Dynasty was the same thing set in Denver, Colorado.
Stars Dallas: JR, Sue Ellen, Pamela and Bobby Ewing. Dynasty: Blake, Crystal and Alexis Carrington.
Famous for... Both soaps, at the peak of their popularity, were watched by nearly a quarter of all Americans.
Catch phrases "Who shot JR?" "Damn it Alexis, I love you".



FRIENDS

What is it? Ups and downs of six twentysomethings who live in the same New York apartment block.
Stars Joey, Chandler, Rachel, Ross, Phoebe and Monica.
Famous for... Inspired one TV critic to write "When you've got *Friends* you don't need friends!"
Catch phrase "Hey!"

THE INCREDIBLE HULK

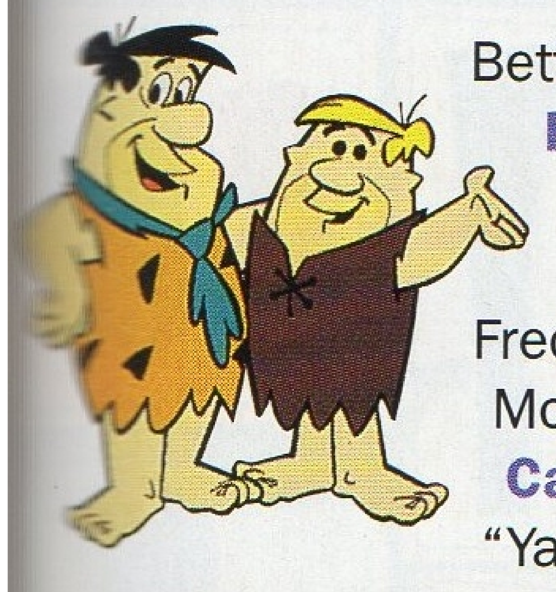
What is it? Mild mannered scientist gets caught in an experiment that goes wrong and turns him into a green monster with superhuman strength and ripped trousers.
Stars Dr David Banner/The Hulk.
Famous for... Muscleman Lou Ferrigno, who played The Hulk, received 2,000 fan letters a week.
Catch phrase Dr David Banner "Don't make me angry, you won't like me when I'm angry."

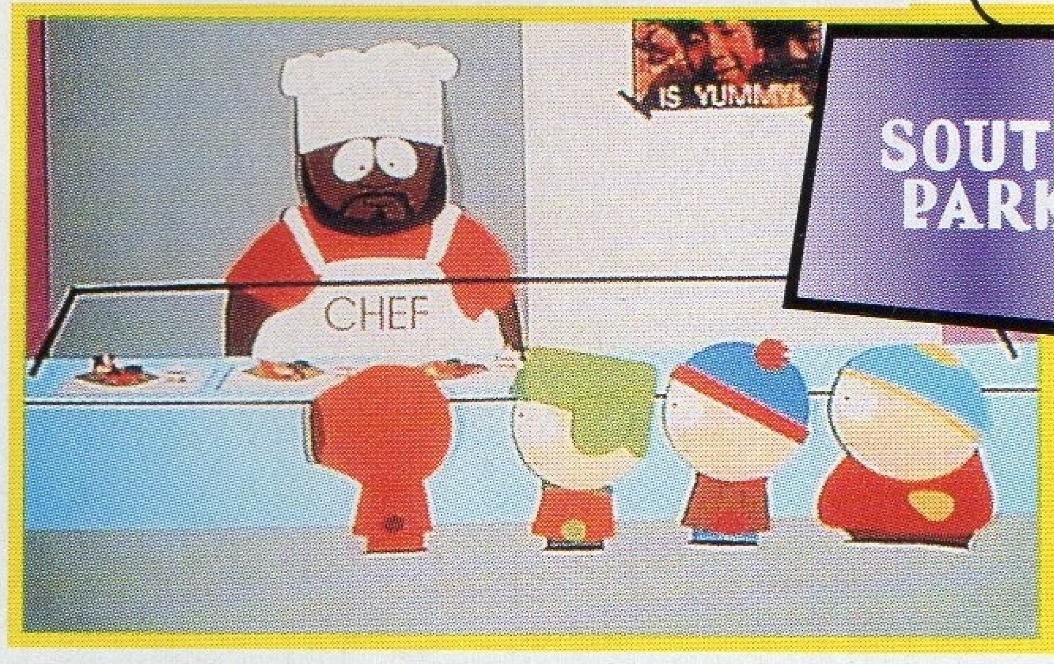
DUKES OF HAZZARD

What is it? Red-neck cousins drive around in their souped up car and get chased by the law.
Stars Bo, Luke and Daisy Duke; Uncle Jesse, Boss Hogg and Sheriff Rosco P Coltrane.
Famous for... The car with the doors that wouldn't open and that had a horn that went: "daa daa da da da da da da daaa da!"
Catch phrase Sheriff: "I'll get you!"

FLINTSTONES

What is it? Cartoon about the stoneage family and especially Fred's troubles.
Stars Fred & Wilma Flintstone; Barney & Betty Rubble.
Famous for... Being made into a real movie with John Goodman as Fred and Rick 'ghostbuster' Moranis as Barney.
Catch phrases Fred: "Yabadabadoo!"





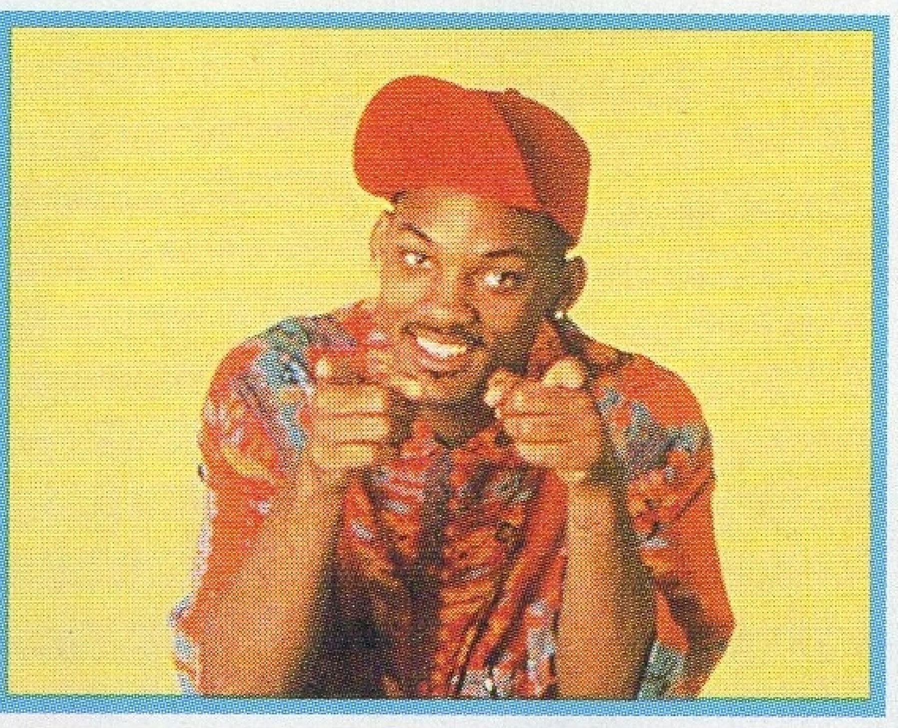
SOUTH PARK

What is it? Very rude cartoon about four school kids.
Stars Cartman, Stan, Kyle and Kenny.
Famous for... Being the most successful show on The Comedy Channel in America and for one of the best catch phrases ever.
Catch phrase "Omigod, they've killed Kenny!"

FRESH PRINCE OF BEL AIR

FRESH PRINCE OF BEL AIR

What is it? Comedy about Will Smith's forced move from Philadelphia to Bel Air, California.
Stars Will Smith, Jazz, Carlton Banks and Geoffrey the Butler.
Famous For... Will Smith and DJ Jazzy Jeff (Jazz) are a real-life hip-hop duo.
Catch phrase Banks: "Out of my house!"



er

What is it? Realistic hospital drama.
Stars Dr Mark Greene, Dr Susan Lewis, Dr Douglas Ross and Nurse Carol Hathaway.
Famous for... Written by the man who wrote *Jurassic Park*, Michael Crichton.
Catch phrase "Clear!"

BEWITCHED

What is it? Gentle comedy about a housewife with magic powers.
Stars Samantha and Tabitha.
Famous for... Tabitha was played by twins Erin and Diane Murphy.
Catch phrase More an action really – wiggle that nose!

THE WALTONS

What is it? Poor but happy family struggle to make a living running a sawmill in the Blue Ridge Mountains of Virginia.
Stars John, Olivia, John Boy, Mary Ellen and all the other Waltons!
Famous for... Michael Learned won three Emmy Awards for her role as Olivia Walton.
Catch phrase "G'night John Boy!"

CHARLIE'S ANGELS

What is it? Three hardcore Girl Power-fuelled chicks with bad flicks and big hair fight crime.
Stars Jill Munroe (Farrah Fawcett-Majors), Sabrina Duncan (Kate Jackson) and Kelly Garrett (Jaclyn Smith).
Famous for... You never saw Charlie, you only ever heard his voice.
Catch phrase Opening spiel: "Once upon a time there were three girls...' and ending: "My name is Charlie."

competition results

The first prize goes to Clare Bickford-Smith, 14, who wins Geri's Union Jack dress.

You're a winner!

Wow! You did it again! Your ideas for our costumes were brilliant – Kenny better watch out! Here's our pick...

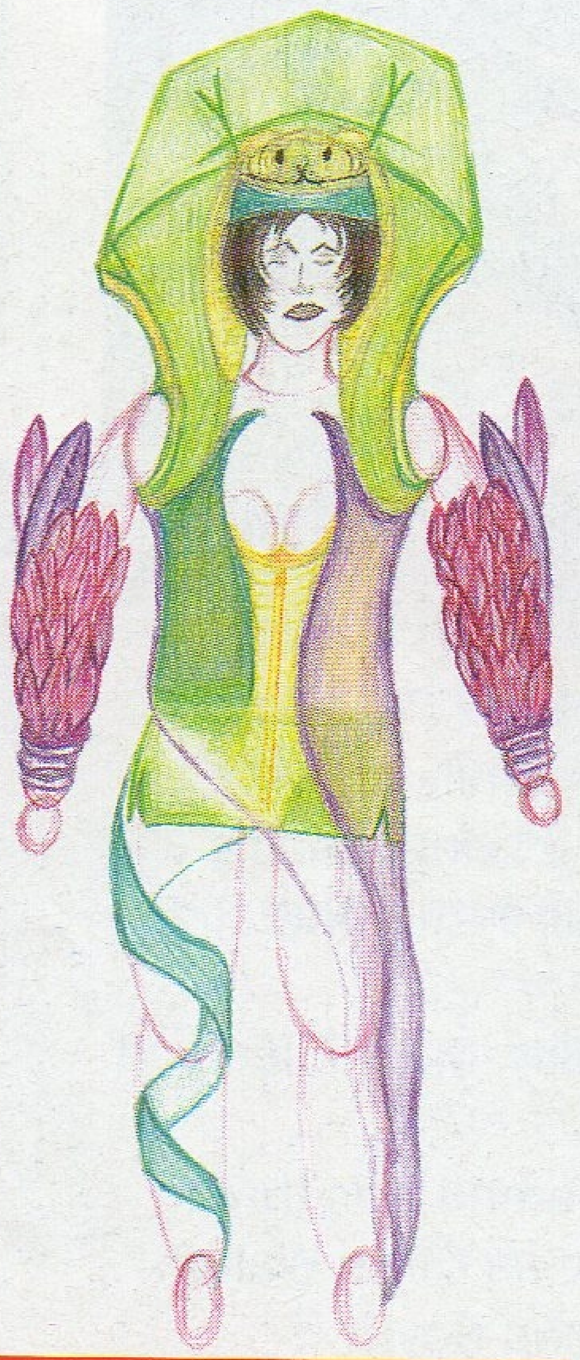
Victoria Morgan, 14

The 15 runners up, who'll receive a Spice T-shirt, include the pictures shown here plus entries from:

Hayley Smith, 12;
Emma Jackson, 10;
Eva Stahschmidt, 13;
Kathryn Hall, 11;
Philip Li, 12;
Katherine Henderson, 13;
Natasha Louise O'connor, 8;
Yvonne Probert, 13;
Rebecca Odom, 11;
Lindsay Mount, 11;
Charlotte Vernon, 13;

Thanks for all your designs!

Mark Hagan, 16



Ricky James, 15

Sandra Peterson, 12

WOMEN COME FIRST

Lets hear it for the Girl Power pioneers!

Strike a pose!

CHIC CHICK!

Coco Chanel (1883-1971)

First queen of modern style

What would you do without your little black dress? Well it's all thanks to French fashion designer Coco Chanel that you have one! For hundreds of years women had been trussed up in corsets, but Coco set them free with her beautiful, simple, comfortable clothes. Very daring for the time, the elegant Coco worked her way up from being a humble hat maker to owning a multi-million pound business – and was constantly in the spotlight for her wild social life!

SIT DOWN!

Rosa Parks (born 1913)

First lady of civil rights

In 1955, black people in America were only allowed to sit in certain seats on public transport, and only if there were no white people waiting to sit down. One day Rosa Parks decided she'd had enough of this and sat down for her rights! She refused to give up her seat to a white person. A brave move that sparked off the whole civil rights movement – the campaign for racial equality – in the States.

Bottoms down!

She's the pants!

BLOOMIN' BRILLIANT!

Amelia Bloomer (1818-1895)

First woman to wear trousers AND own a newspaper

150 years ago, Amelia wowed the world when she wore the first modern pair of trousers to a women's convention in America. She called them pantaloons, but they were soon nicknamed "bloomers"! New York society was shocked to see Amelia and her mates getting chucked out of bars and restaurants because they dared to wear their trousers in public. Still they had to admire her – although poor and not well educated, she owned, ran and edited her own newspaper for women, too!

YOUR MONEY OR YOUR LIFE!

Emma Brunfustian (born around 1200)

First highway robber

One of the first recorded women criminals, Emma was a thief and a highway robber who terrorised the poor merchants of Stamford Fair on a daily basis. In the end she was caught – otherwise we probably wouldn't know about her – but what happened to her after that is a mystery!

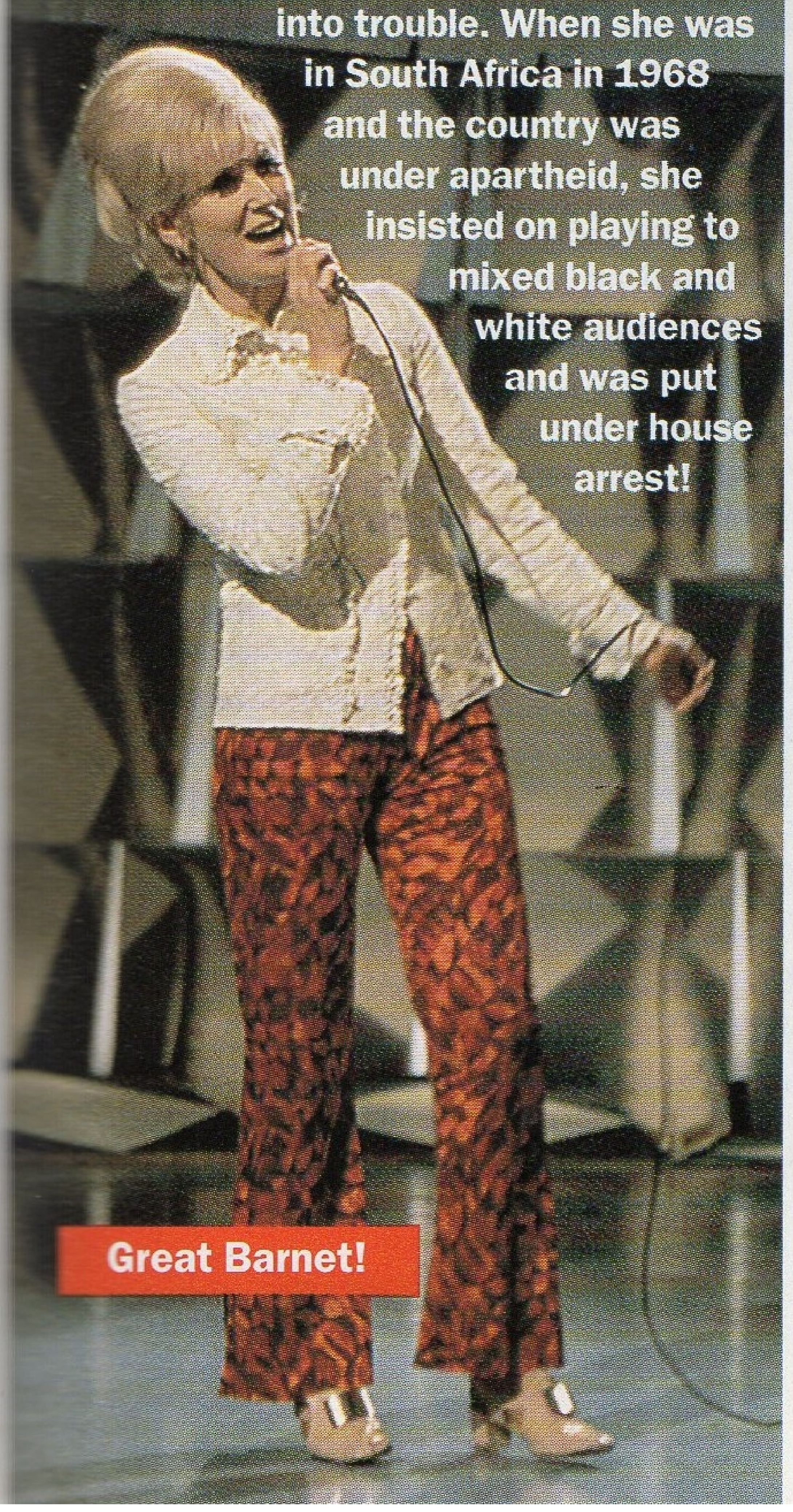
Stand and Deliver!

RARE GROOVER

(born1939)

First girl on TOTP

Dusty Springfield was the first girl popster to appear on TOTP, singing 'I Only Want To Be With You' on the very first programme in January 1964. Hugely talented, with a gorgeous breathy voice, Dusty was the ultimate Sixties pop queen, but her love and respect for black soul music got her into trouble. When she was in South Africa in 1968 and the country was under apartheid, she insisted on playing to mixed black and white audiences and was put under house arrest!



Great Barnet!

Vote Girl Power!

YANKIE DOODLE!

Nancy Astor (1879-1964)

First woman MP

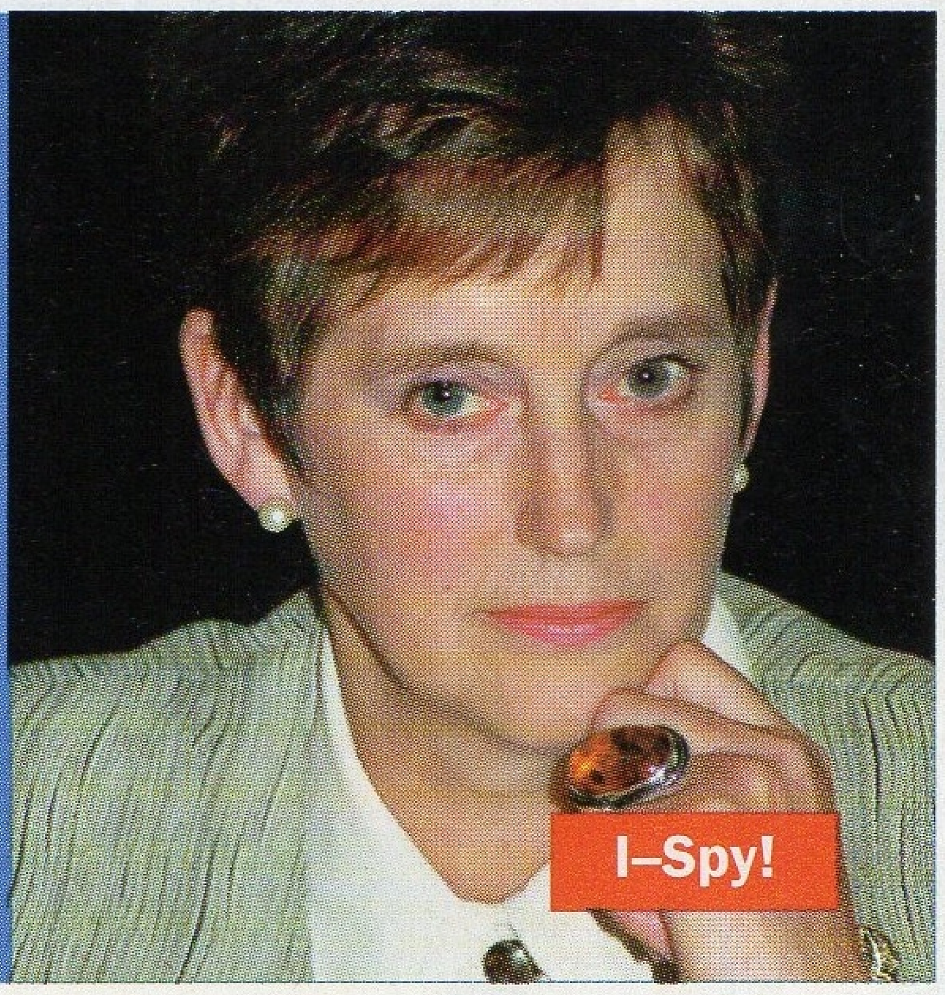
Nancy was a bit of a wild child until she left America for a trip to England, where she met and married millionaire businessman William Waldorf Astor. She became passionate about politics after her husband became an MP. She then put herself up as a candidate when he moved to the House of Lords. She was voted in as the first woman MP in 1919 and campaigned tirelessly for votes for women and equal rights. Girl Power!

ON YOUR KNEES, JAMES BOND!

Stella Rimington (born 1935)

First woman to become Head of MI5

Although she looks more like a teacher, Stella was in fact one of the most powerful people in Britain until June 1995. As head of the Secret Service, she was queen of the cloak and dagger world of spies and secret agents! She joined MI5 in 1969 and spent years secretly monitoring people who were considered 'dangerous' by the government, then became top spymaster in 1992.



I-Spy!

WOMEN COME FIRST!

TOP GUN!

Jacqueline Cochrane (1910-1980)

First female fighter pilot

Jackie was 22 when she got her pilot's licence. During World War II she became the first female to fly a bomber plane across the Atlantic; ten years later she was the first woman to fly faster than the speed of sound. She then went on to be the first woman to land on an aircraft carrier and fly faster than twice the speed of sound! In fact, she was so mad about flying that she spent most of her life with her head in the clouds – literally!

Have lippie will travel!

SPINNING SISTER!

Annie Nightingale (born 1943)

First female Radio One DJ

Nearly 30 years before Zoe Ball rolled onto the scene, Annie Nightingale was Radio One's first female DJ. As the station's only woman on air for more than 20 years, she picked up a huge following of devoted listeners who were totally tuned in to her deep husky voice and alternative music tastes. Annie paved the way for the merry band of women DJs that followed. Even today she's still rocking the airwaves, with a late night show on Radio 1.

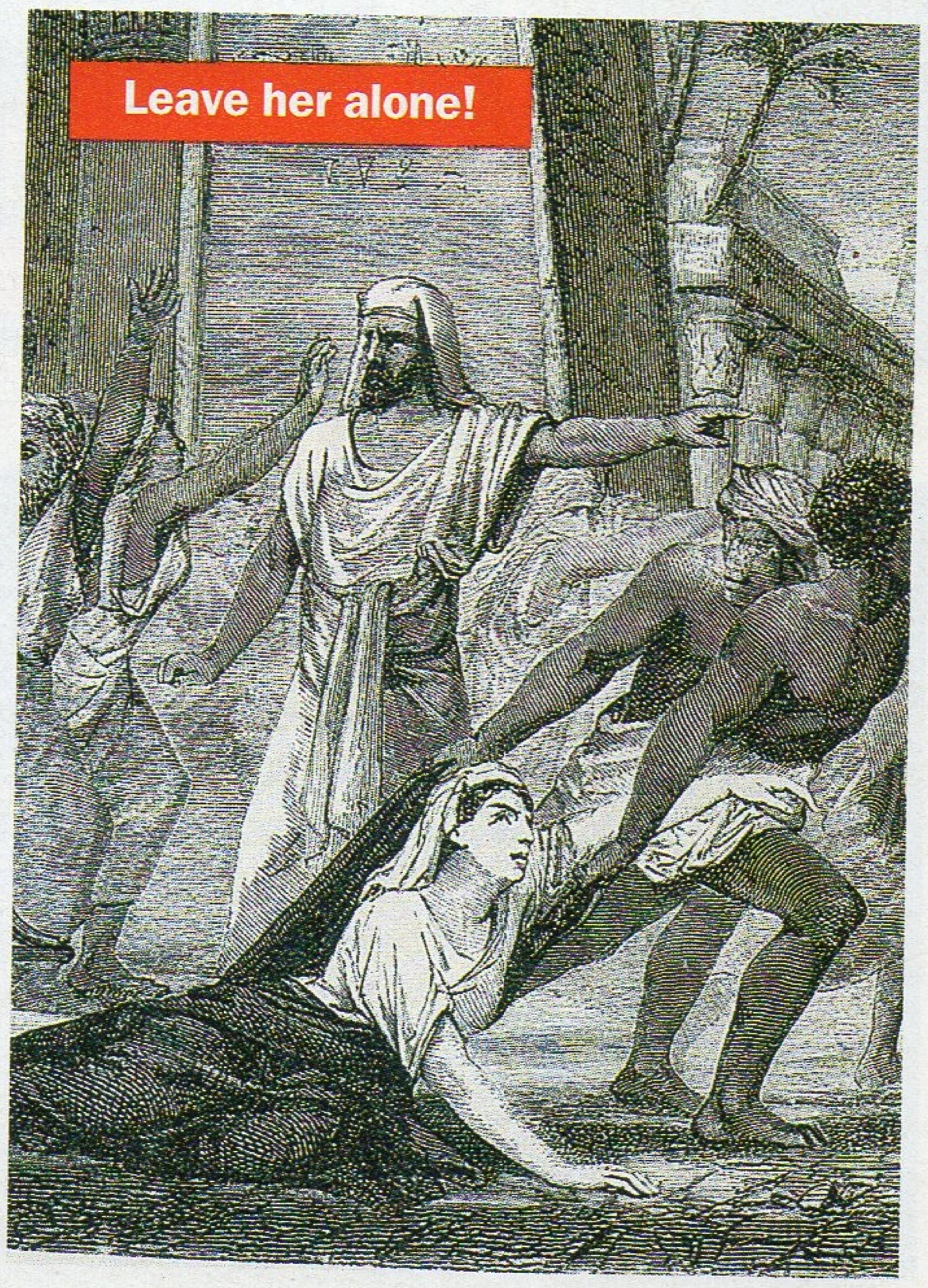
Look at that radio head!

BEAUTIFUL BOFFIN!

Hypatia (around 375-415)

First great female scientist

Hypatia was beautiful, talented and a right brainbox! She was great at maths, a brilliant philosopher and constantly studied the stars. In Ancient Greece she was a big star herself, famous for her good looks and knowledge. But many men felt threatened by her and in the end Saint Cyril probably had her murdered. (Great guy!)



Leave her alone!

BOWLED OVER!

Christine Willis/Rachel Heyhoe Flint

First cricketing heroes

Girls have been playing cricket for centuries. In fact, in 1745 a local newspaper described a match of 'maidens' who "batted, bowled, ran and caught as well as most men could do"! (Tell us something new!) And it was a woman who invented overarm bowling, too, when Christine Willis swung her arm over her shoulder in 1807 to avoid getting caught up in her mass of skirts! Still, it wasn't until 1972 that Rachel Heyhoe Flint captained the first English cricket team to win the Women's World Cup.

girl power

Nice Shirt!

DIVINE DIVA!

Kate Bush (born 1958)

First No. 1 album

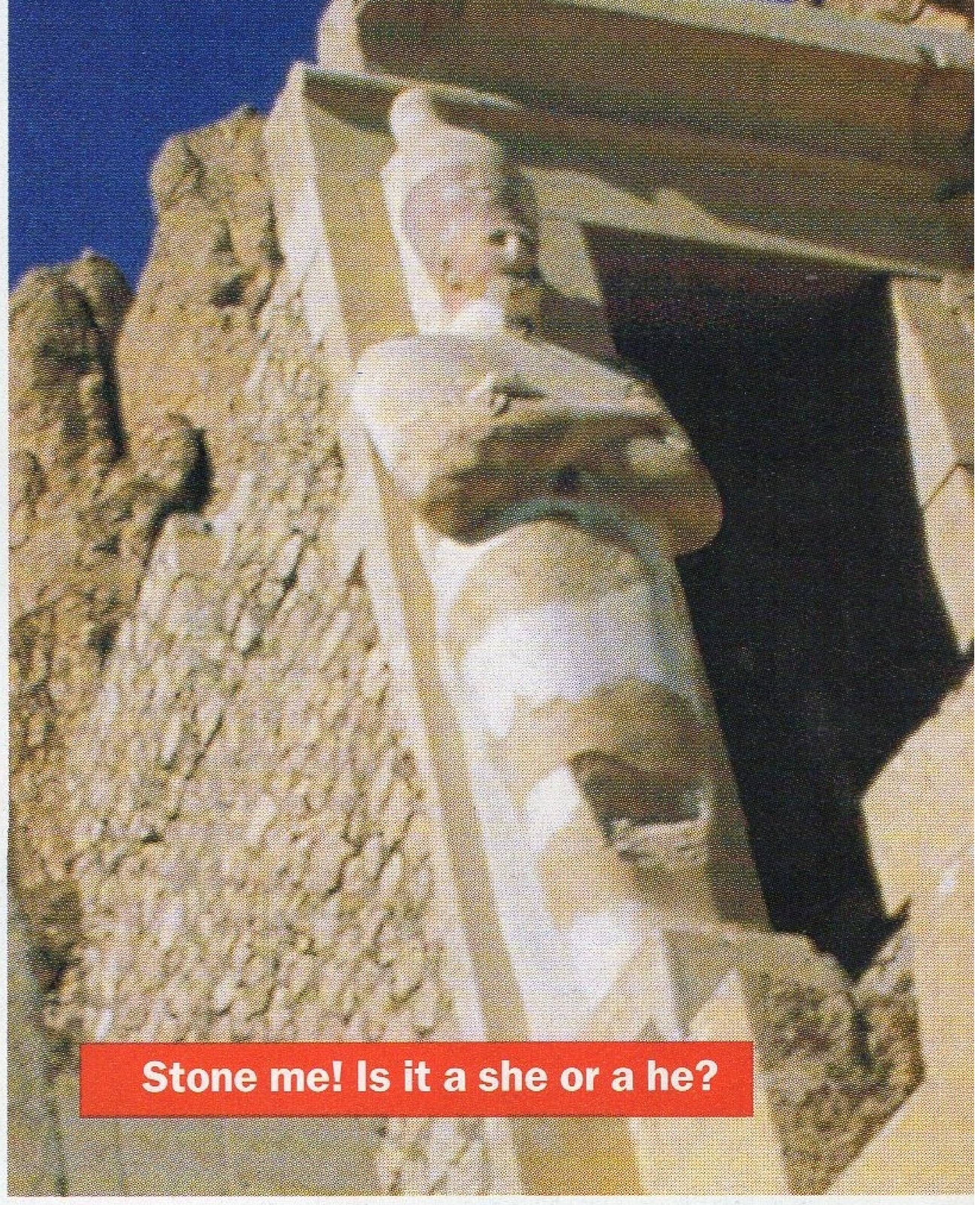
Kate started young. She began playing the piano at 11, writing songs at 14 and signed to a record label at 16. She then spent two years studying music, dance and mime and writing songs before she burst into the charts with the extraordinary single Wuthering Heights, which made her into an extremely rich teenager overnight. Then in 1980 she became the first solo female to have a No. 1 album in this country, with her third album Never For Ever. What a superstar!

OUTFIT ALERT!

Hatshepsut (around 1540-1481 BC)

First female king

When her husband King Thutmose II died, Queen Hatshepsut put on a false beard and Pharaoh's robes and proclaimed herself King of Egypt! She knew that women weren't allowed to rule, so she simply pretended to be a man. This enraged her nephew (who should really have been king) but somehow she managed to stay in charge long enough to build some amazing temples. But when her nephew took over, he had her name cut away from the temple walls. Did he kill her? No-one knows.



Stone me! Is it a she or a he?

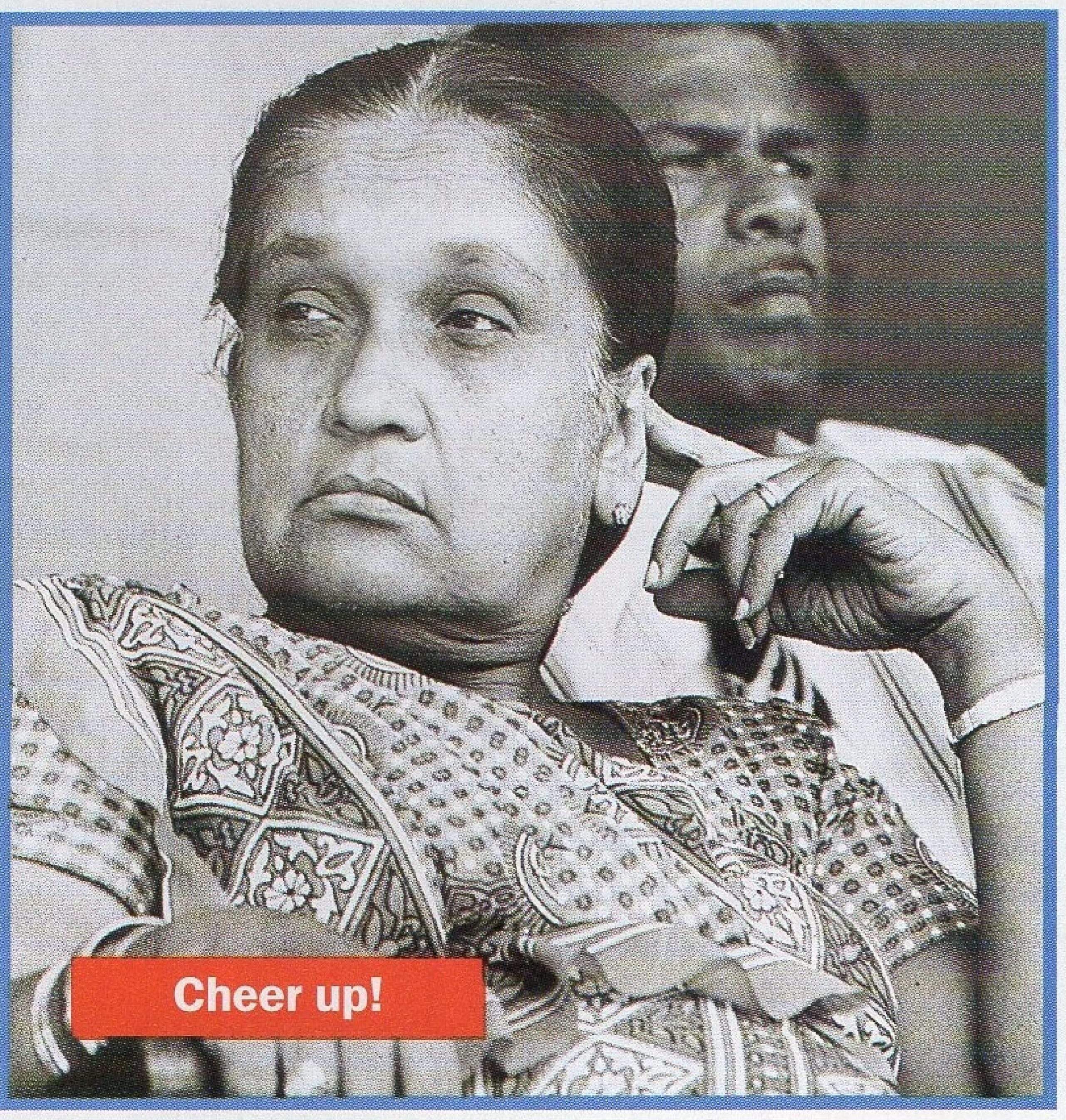
PRIME CANDIDATE

Sirimavo Bandaranaike

(born 1916)

First woman prime minister in history

Mrs Bandaranaike became the world's first prime minister in 1960, nearly 20 years before Maggie was elected here! She was voted it again in 1970 and again in 1994. She's still PM today and the oldest female leader ever! Her daughter, Chandrika Kumaratunge is also in politics. She is the leader of the Sri Lankan People's Party – so two women hold both top state jobs at the same time.



Cheer up!

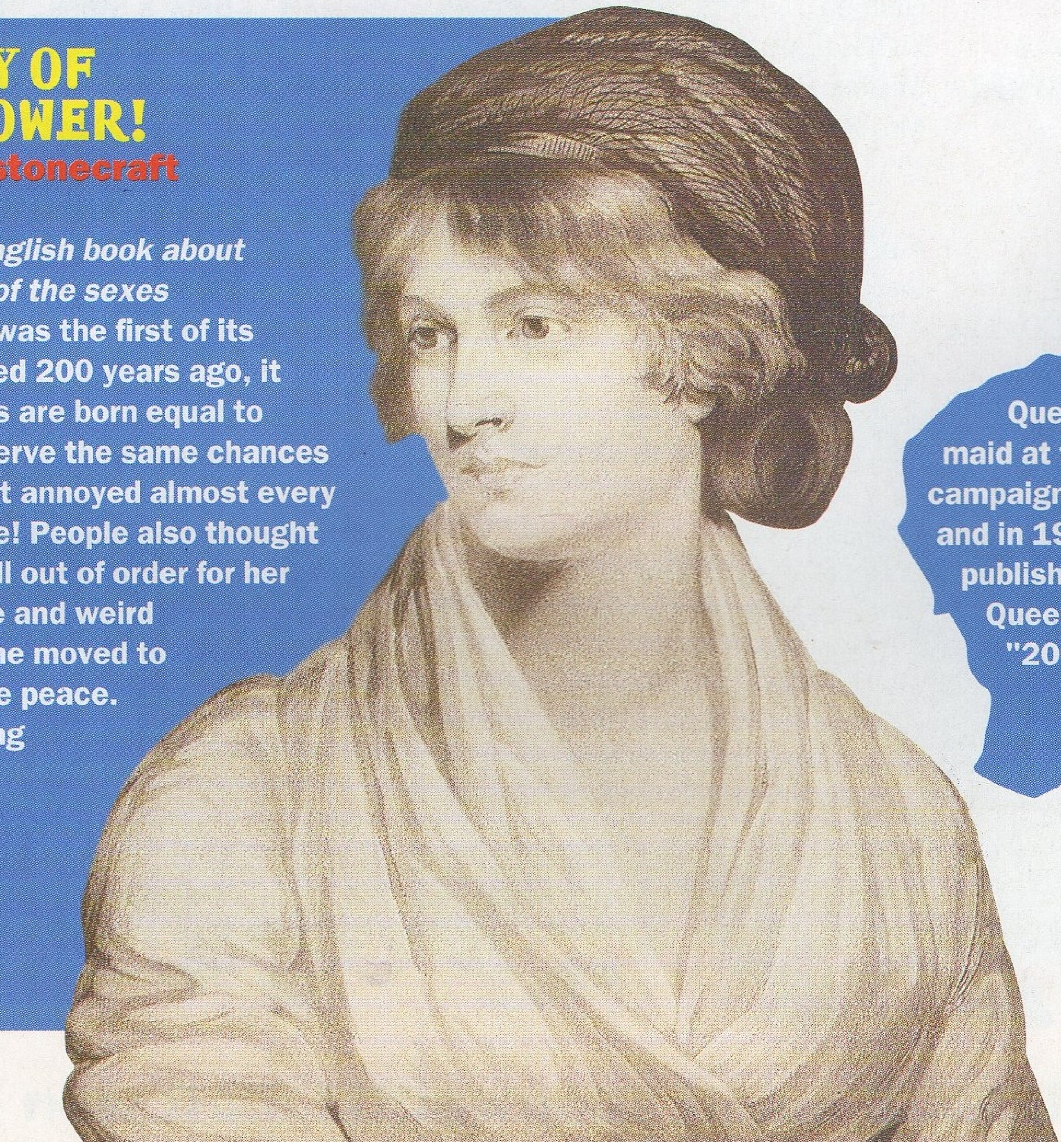
GRANNY OF GIRL POWER!

Mary Wollstonecraft

(1759-1797)

Wrote first English book about equalisation of the sexes

Mary's book was the first of its kind. Published 200 years ago, it says that girls are born equal to boys and deserve the same chances in life. Yeah! It annoyed almost every man in Europe! People also thought Mary was well out of order for her hippy lifestyle and weird clothes, so she moved to Paris for some peace. She died giving birth to Mary Shelley, who went on to write the horror novel Frankenstein.



FINGERS UP!

Kath Walker (1920-1993)

First aborigine campaigner

Kath came from the Noonuccal tribe in Queensland, Australia and started working as a maid at the age of 13. After educating herself, she began to campaign for better treatment for the native people of Australia and in 1964 became the first aboriginal writer to have her books published in English. In 1970 she received an OBE from the Queen, but sent it back in 1988 saying that it symbolised "200 years of humiliation and brutality to the aboriginal people. " Speak your mind, girl!

If You wEre a biScuit...

You wouldn't believe how many ridiculous questions we get asked in interviews. Here are some of them!

1. If you were on the run, which false name would you use?
EMMA Goldie.
MEL B IAOTR (I Am On The Run!)
VICTORIA Mickey Mouse.
MEL C Mrs B Willis!!

2. Which pet would you least like to have?
EMMA A spider.
MEL B Gerbils, because they're boring.
VICTORIA A mouse or a rat.
MEL C A spider.

3. If you were a biscuit, what kind of biscuit would you be?
EMMA Custard creme.
MEL B Chocolate Hobnob.
VICTORIA Belgium biscuit or a Family Circle.
MEL C A sports biscuit of course!

4. Would you rather go to outer space or the centre of the Earth?
EMMA Outer space.
MEL B Centre of the Earth.
VICTORIA Centre of the Earth.
MEL C Outer space.

5. If you wrote a book about your life so far, what would you call it?
EMMA Baby's Steps.
MEL B Oh What A Life!
VICTORIA Posh On The Go.
MEL C Dreams Can Come True!

6. What's your favourite fish (living or dead)?
EMMA Angel fish.
MEL B Man-eating shark.
VICTORIA Koi Carp.
MEL C 'Flounder' from *The Little Mermaid*.

7. Which sport would you most like to win an Olympic gold medal for?
EMMA Diving.
MEL B Egg and Spoon.
VICTORIA Skiing.
MEL C Gymnastics, the floor.

8. What's your favourite card game?
EMMA Happy Families and Snap.
MEL B Blackjack.
VICTORIA Happy Families.
MEL C Strip Poker!

Free stuff!

WE'VE GOT LOADS OF GREAT FASHION AND BEAUTY PRODUCTS FOR YOU!

Just send us a postcard telling us which freebies you want along with your name and address to **Spice Giveaways, PO Box 11932, London SW11 4ZN** or to the address given at the end of the offer

Beat the spots!

Don't let spots rule your life. By using an anti-bacterial soap like Valderma that helps remove excess oil and dead skin cells, you can help prevent spots. **VALDERMA** soap cleans pore deep without drying your skin out! Here's a chance to try Valderma for yourself. We have 30 Valderma Vanity Kits to give away. Each kit includes a Valderma anti-bacterial soap, a jazzy soap dish, toothpaste and toothbrush holder, attractive pocket mirror and a body scrub to keep your skin looking fresh and healthy, all in a drawstring washbag. Mark your card **Valderma/Spice Offer**, Checkers, Westfield Industrial Estate, Bellamy Rd, Mansfield. Nottinghamshire NG18 4LN.

Pure!

EVIAN'S PURE STYLE COLLECTION was launched earlier this year combining a groovy mix of clothes and accessories. We have 20 sets of Pure Collection goodies to give away – a fresh mesh make-up bag, a funky pink 'Pure and Innocent?' skinny T-shirt and a 'Pure Refreshment' drinking beaker. Stay pure and mark your postcard **Evian**.

Good enough to eat

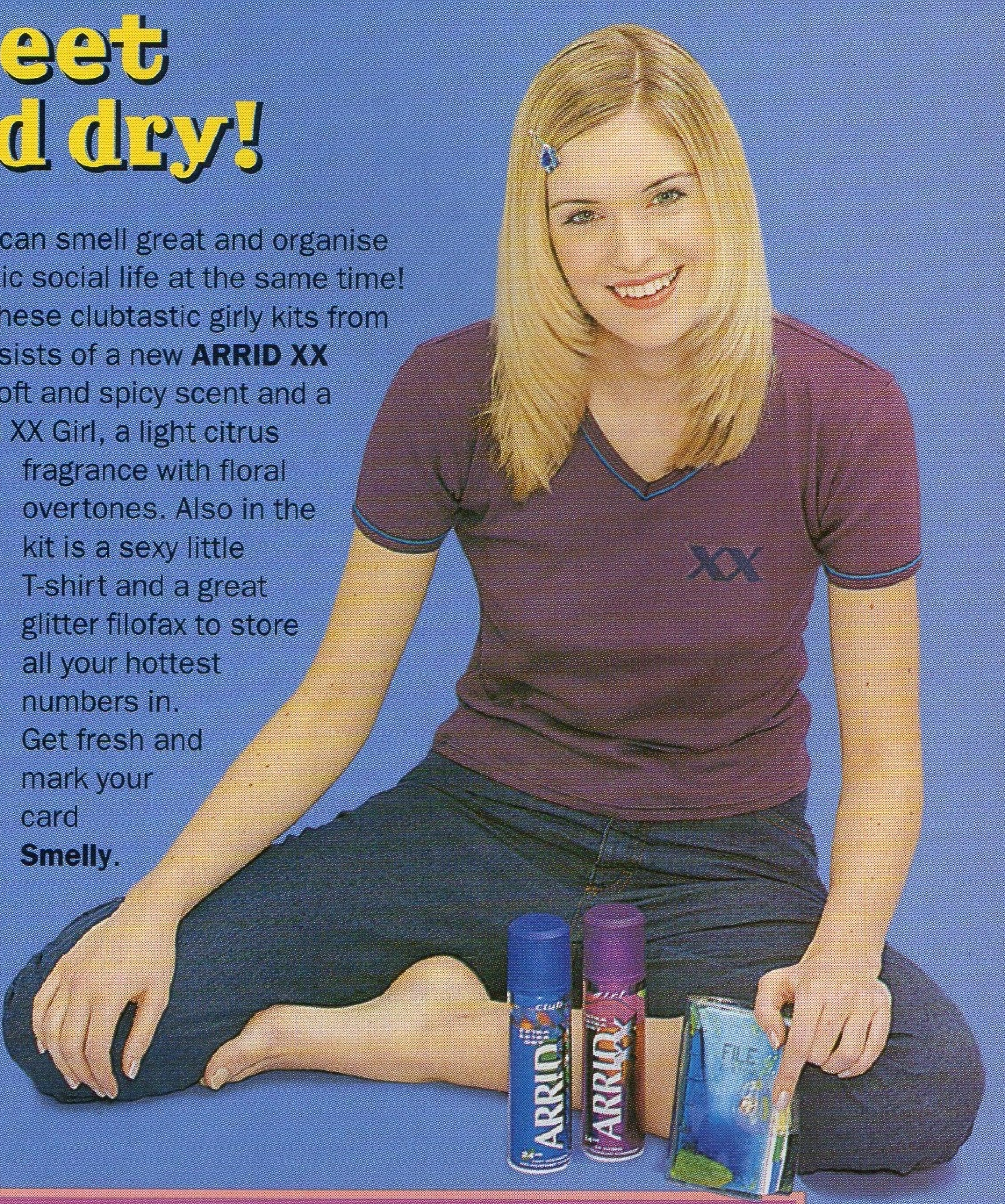
Join Pamela Anderson and Dani Behr and feed your skin with **PALMER'S MOISTURISING SKINCARE** products. Cocoa Butter is a tried and tested recipe for smooth skin and it smells good enough to eat! It's been used by women in the Caribbean for centuries to keep their skin smooth in the sun. We're giving away 30 sets of miniatures which include Palmer's Cocoa Butter Formula jar, lotion, tube, body oil, lip balm, liquid soap and bar soap. Get smooth and mark your postcard **Palmers**.

Fresh face for fall

Fresh off the catwalk comes the new range from **COLLECTION 2000**. The lovely burnished shades help light up your autumn face. We've got 180 sets to give away from the latest Illusions make-up range. All 180 winners will receive a warm gold nail polish and a moisturising soft bronze advance colour lipstick. Mark your card **Spice/Illusions Collection 2000** and send it to Quick Print, PO Box 576, London SE25 4HW.

Sweet and dry!

Now you can smell great and organise your hectic social life at the same time! Each of these clubtastic girly kits from Arrid consists of a new **ARRID XX** Club, a soft and spicy scent and a new Arrid XX Girl, a light citrus fragrance with floral overtones. Also in the kit is a sexy little T-shirt and a great glitter filofax to store all your hottest numbers in. Get fresh and mark your card **Smelly**.



Hair we go! Hair we go!

WELLA'S EXPERIENCE WITH LIQUID HAIR range contains the award-winning ingredient which puts the hair back into hair! It rebuilds and strengthens hair from within with stunning results. We have 50 sets made up of a Wella Experience with Liquid Hair Intensive Creme Conditioner and a Liquid Hair Repair and Volume Spray. Let your hair down and mark your card **Wella, Wella, Wella... Huh!**

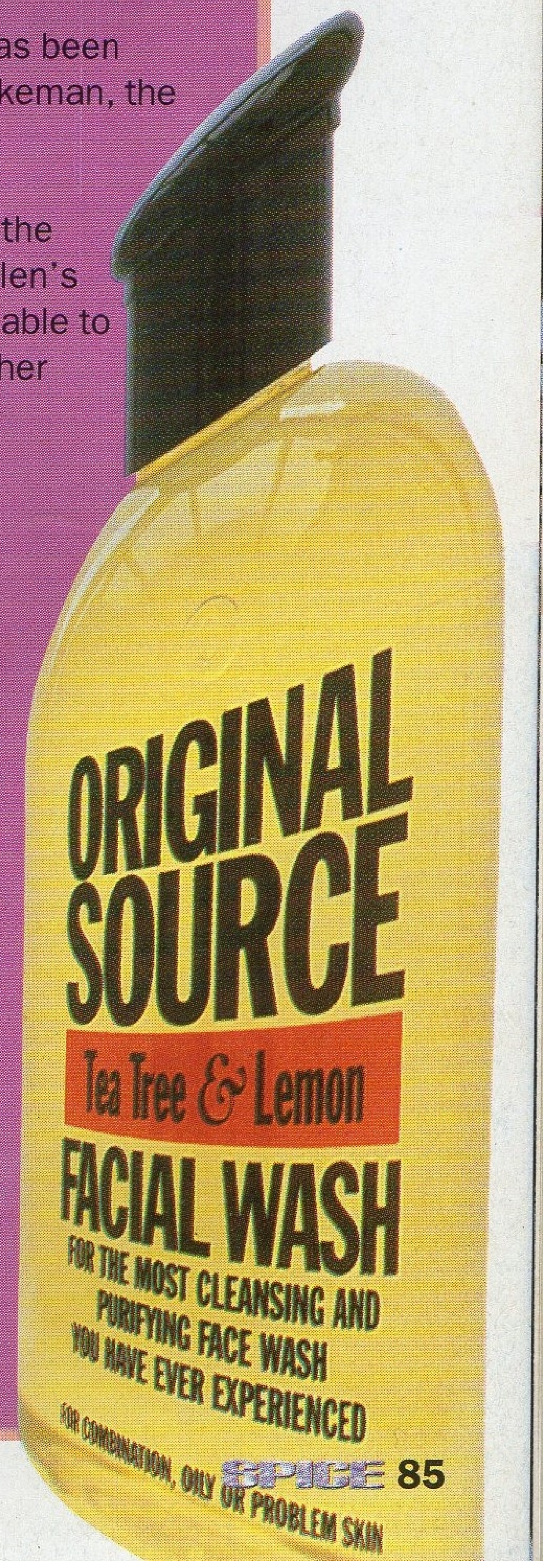
Pearly queens!

Attention disco divas! **PEARL DROPS** have the key to dancefloor dazzle with this glitter girl kit worth £50. Each kit contains Pearl Drop Icemint and Pearl Drops Sensitive Advance Whitening Toothpolish for a sparkly white smile; a funky boob tube, a sleek silver pendant, and a brilliant bag to store it all in. We have 11 sets to give away. Mark your postcard **Spice/Pearl Drops** and send your name and address on a postcard to Spice/PRP600, PO Box 7, Folkestone, Kent CT19 6PG.

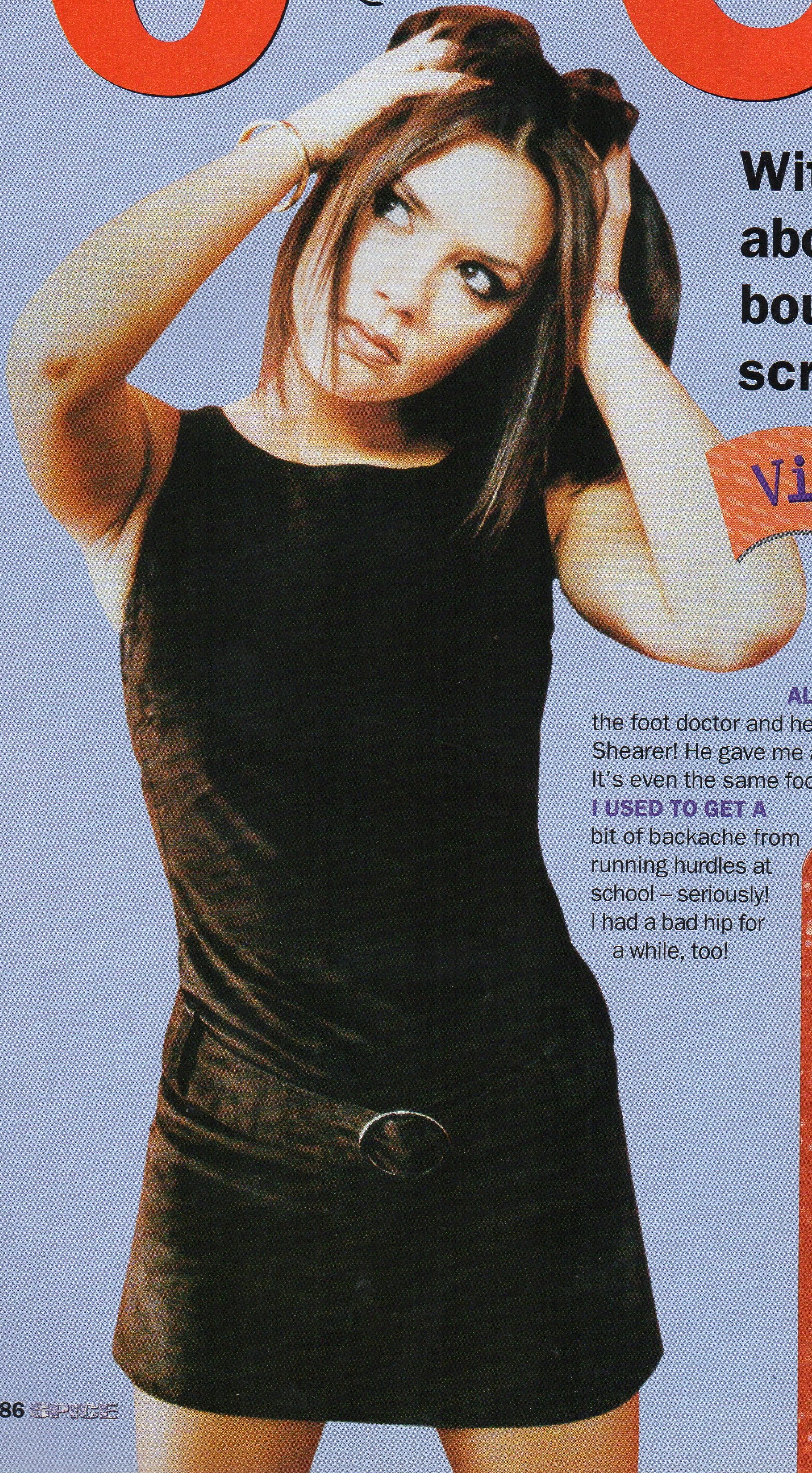
Bush Power!

The new range from **ORIGINAL SOURCE** has been inspired by the bush remedies of Ellen Wakeman, the wayward daughter of New South Wales missionaries who ran away to join the Australian Gold Rush of 1857. Known as "the sheila with more balls than the blokes", Ellen's skills as a herbalist ensured that she was able to keep her skin pure and soft to the envy of her friends!

Tea Tree is one of nature's most effective and gentle antiseptics and is extremely good for skin prone to spots – it also encourages the rapid healing of acne-damaged skin. Lemon oil will help rejuvenate your skin and refine pores. We have 100 Tea Tree Oil and Lemon Facial Wash and Toners to give away. Mark your postcard **Original Source** and send it to Spice/OS Offer, PO Box 100, Chatham, Kent ME4 4FA.



OUCH!



With all the jumping about we do, we're bound to get a few scrapes and bruises

Victoria

I TRY TO AVOID DAIRY PRODUCE BECAUSE there's something in it that doesn't agree with me and I find it hard to digest. It's called lactose intolerance, I think.

ALSO, I GET ATHLETE'S FOOT! I WENT TO SEE the foot doctor and he told me I've got the same problem as Alan Shearer! He gave me a special cream – exactly the same as Alan's. It's even the same foot!

I USED TO GET A bit of backache from running hurdles at school – seriously! I had a bad hip for a while, too!

Emma

WHEN WE WERE IN ISTANBUL, I fell down a hole and hurt my ankle. So now, when we're doing the show, I have to be careful because I'm not so good at balancing on that foot. It's very weak because I pulled all the ligaments in it. I hurt it again the other day while running off stage for a quick costume change. I usually jump the last few stairs and I rolled on my ankle, which really hurt. I had to put ice on it for the rest of the show!

I USED TO GET VERY BAD HAY FEVER, BUT it seems to have gone now! I don't think I'm allergic to anything anymore, luckily.

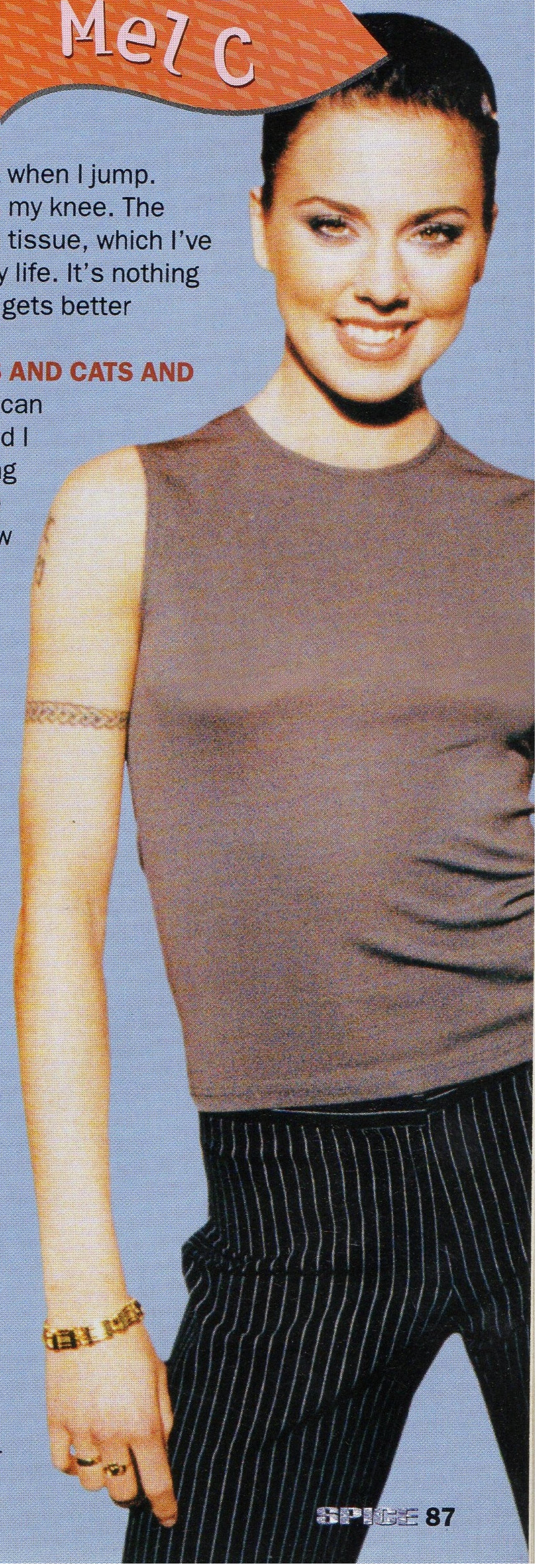
allergy & injury

Mel B

I DISLOCATED BOTH MY KNEES WHEN I was younger, but they're fine now. It's funny, because just before something bad happens to me, I get a pain in my knee! One of my legs is skinnier than the other, but apparently everyone has that. In the same way, each side of everyone's face is different to the other.

I'VE RECENTLY FOUND OUT I'M ALLERGIC TO EGG WHITES and I'm gutted, because I love fried eggs.

Mel C



I SPRAINED BOTH my ankles during the tour and one of them is quite weak now; sometimes it hurts a bit when I jump. I get a bit of trouble with my knee. The doctor says it's strained tissue, which I've never heard before in my life. It's nothing serious, though. I find it gets better after exercise.

I'M ALLERGIC TO DOGS AND CATS AND rabbits and horses. You can become immune to it and I was fine when I was living at home, because we've always had cats. But now I'm out of that environment, I get itchy eyes and asthma when I go back. If I sit on a chair that a dog's been sitting on, I become really allergic. I think it's because, when I was about three years old, a dog bit me in the eye at the vet's. I've been allergic to them ever since!

I USED TO HAVE curvature of the spine, but I've straightened it out through exercising. I was diagnosed as having it when I went away to dance college, but in a recent medical the doctor told me it had cleared up! Also, I've cured myself of asthma by running! It wasn't that severe, but I don't need to use a puffer these days. In fact, I never ever get it anymore.

ComE aN[d]

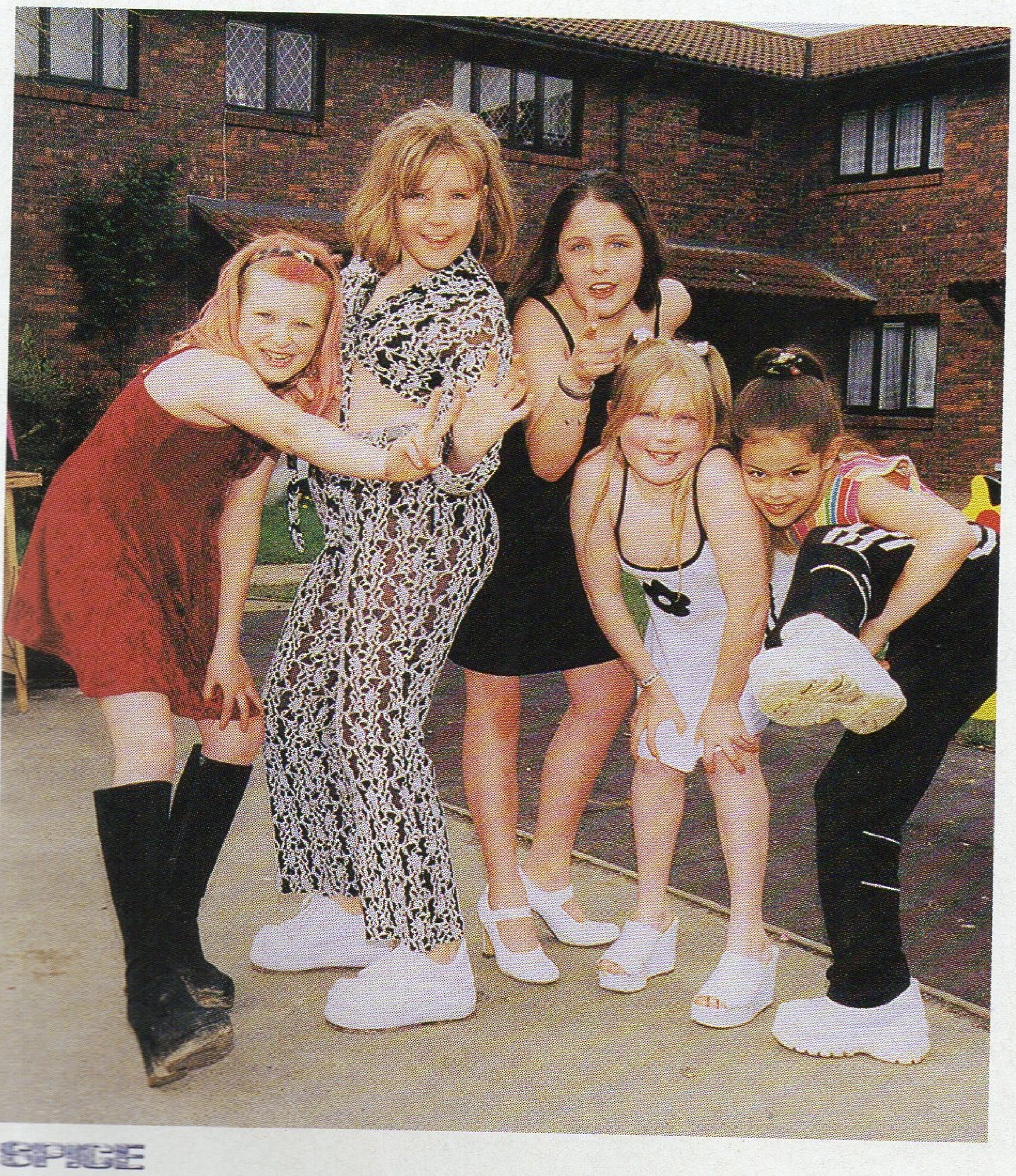
...if you think you're hard enough! This is the page where *you* get to tell us exactly what you think!

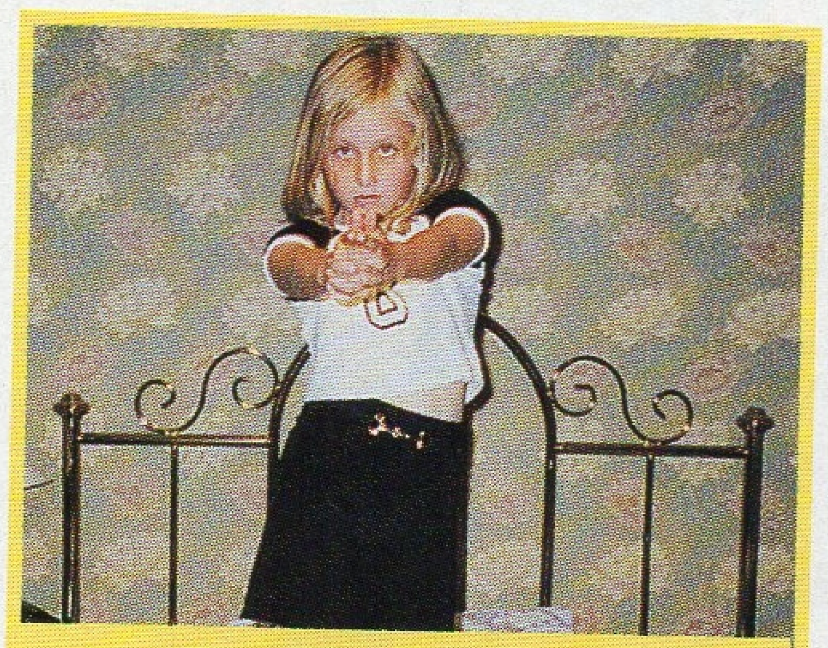
Send your letters, comments and questions to:

DEAR SPICE GIRLS Me and my friends, Sian, Danielle, Kylie and Amanda, have performed lots of Spice Girl dances for people. I am Baby Spice and we've raised £28.10 for the British Heart Foundation.

Makayla, Crawley, West Sussex

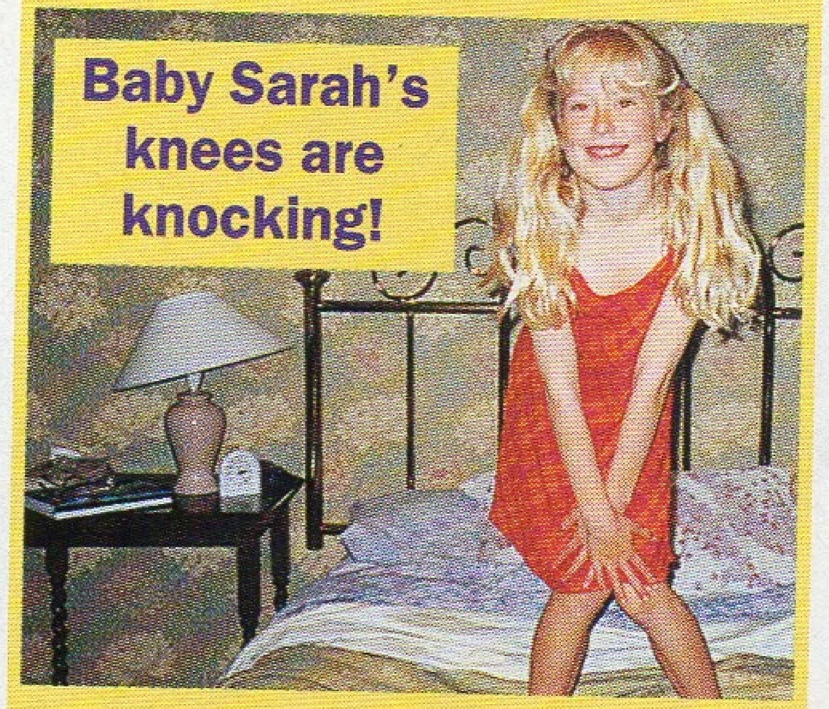
That's fantastic! Keep up the good work – and give charity a Girl Power boost! **SGs xxx**





Holly and I make a real Posh pair!

Baby Sarah's knees are knocking!



Sporty Katie springs into action!

Scary Anna's got that swing!

DEAR SPICE GIRLS
I went to your concert, unfortunately I sat at the back and could only see you on the big screen – I might as well have been watching you at the cinema. Is there any chance you'll play some smaller venues so that we can see your lovely faces for real.

Amy, Perth, Scotland

You never know... watch this space for more details. **SGs xxx**

DEAR SPICE GIRLS
I heard that your Xmas single is called 'Goodbye'. Is it true that you're going to break up. Please say it isn't, because I don't know what I'll do if you do.

Angela, Newcastle, Tyneside

Of course we aren't going to break up – the Spice Girls will be around for a long time yet. **SGs xxx**

DEAR SPICE GIRLS
I invited my friends over for a spice day – I couldn't find the video, but here are the pictures.

Lucy, London

Fab! Next time you have your friends over, why not throw a Spice party like the one in this issue of SPICE? **SGs xxx**

hAVe a gO

DEAR VICTORIA **It is sad that a small minority of football fans find it necessary to place the blame for England's departure from the World Cup on one person. We could blame David Seaman for conceding two goals, Paul Ince and David Batty for missing their penalty shots. Sadly enough it is only pure misfortune that David is the one who finds himself loaded with England's agonies and lost hopes. I'm sure David will suffer every time that he remembers that fateful game for years to come.**

It is enough for a woman to believe that the father of her child is hated by one person, but to believe that he is hated by an entire nation must be unbearable. I feel sorry for both of you, the pressure and torment must be enormous.

Please don't be disheartened – it is only a small minority of people who find the need to blame someone, and while David might be on the receiving end at the moment, it will soon blow over. Meanwhile, most of the country will look forward to some more spectacular football from our favourite 'Red Devil'.

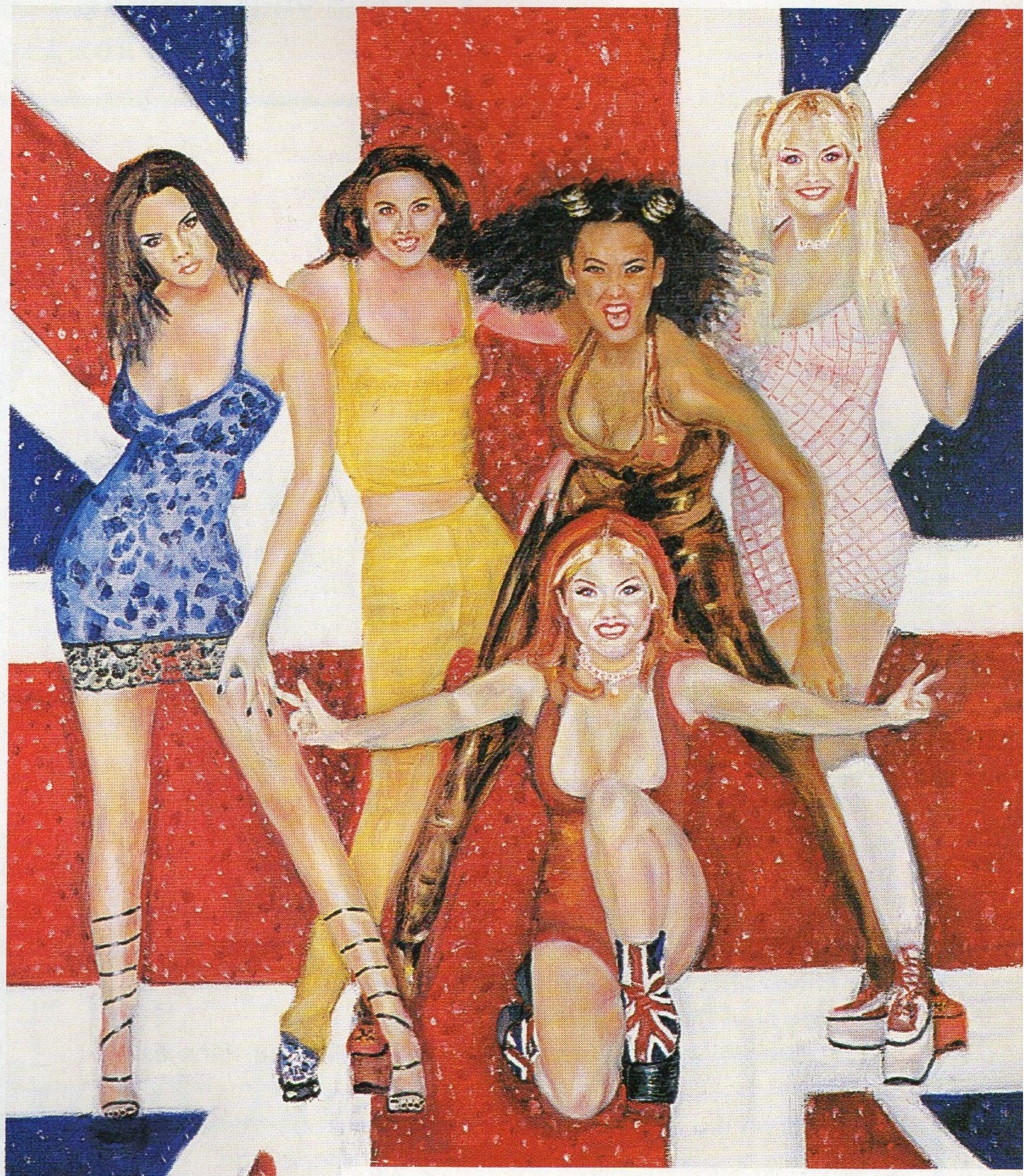
Helen, Coggeshall, Essex

Thank you for your letter – David's back on form now, and you're right... everyone loves him. **Victoria xxx**

DEAR SPICE GIRLS **After being the most successful girl group for the past two years as a quintet, you are now going to be the most successful girl group for evermore as a quartet. What I'd like to know though, is if there's going to be any behind the scenes videos of your concerts or shows.**

Justin, Wellington, Somerset

You're in luck! There is going to be a video coming out in November of our Wembley Stadium show which will also have loads of other film of us fooling around. So you'll be able to see us live whenever you want! And next year there's going to be a behind-the-scenes documentary of our American tour. **SGs xxx**



DEAR SPICE GIRLS

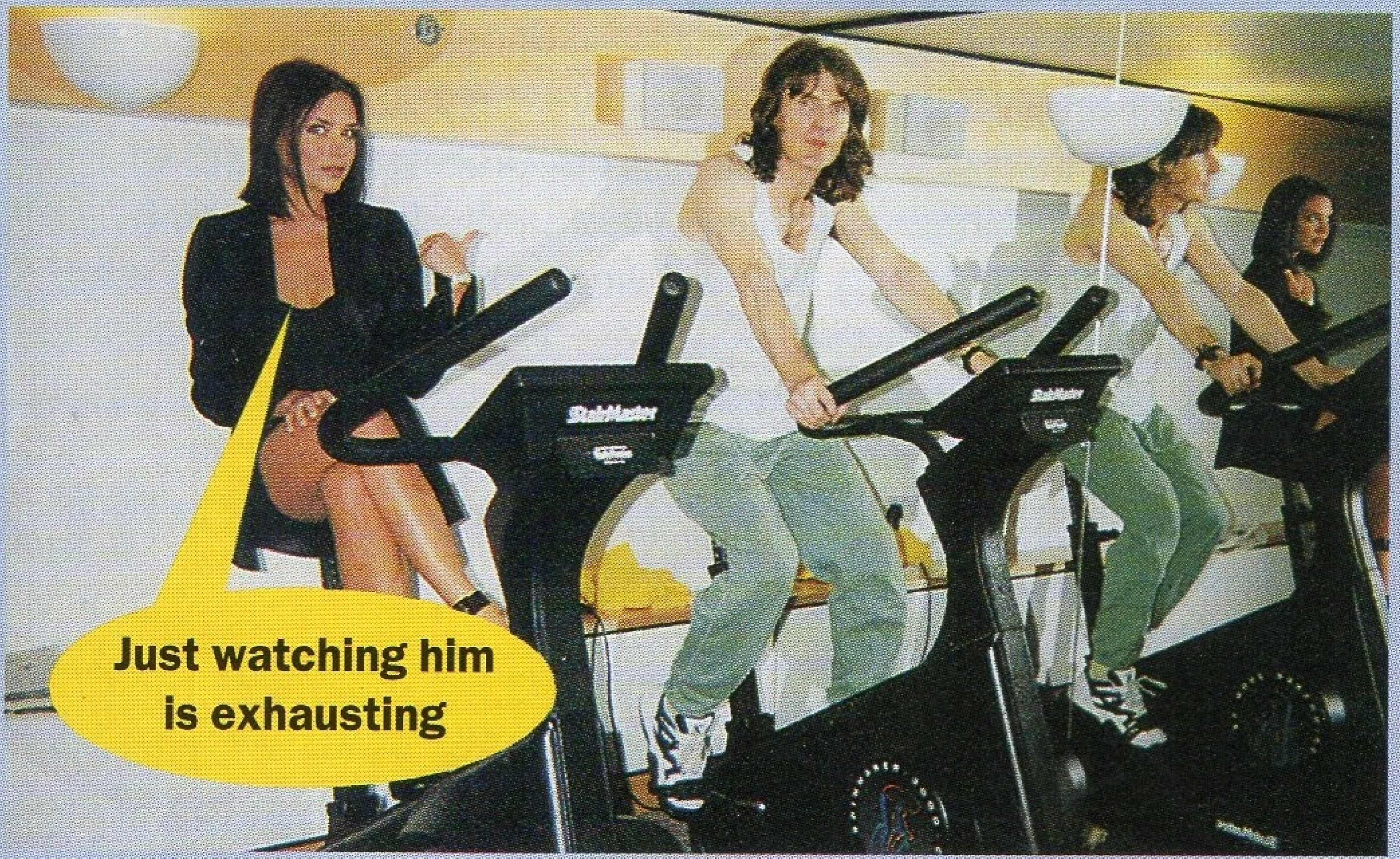
I am Jesper from Sweden. Here is my painting – do you like it? ***Jesper, Sweden***

Wow! Never mind the Dutch masters you're a Swedish superstar!! **SGs xxx**

DEAR SPICE GIRLS **I came to your concert and was shocked to see you naked for 'Naked'. Weren't your bums cold on those seats?** ***Siân, Cardiff, Wales***

Well it was certainly a bit chilly around the Balkans, but it warmed up in Florida! **SGs xxx**

Legs up, two, three, four



DEAR VICTORIA **I know that Mel C works out down at the gym, but how do you keep your lovely trim figure?** ***Charmaine, Canterbury, Kent*** I go to the gym, too... but when you're Posh you have to train like a laydee!! **Victoria xxx**

Get sorted!

Got a problem? Don't sweat it. Take it from us – get real and keep your sense of humour while you're about it! Send your problems to: 'Get sorted', SPICE magazine, PO Box 11932, London SW11 4ZN

?BOY? QUESTIONS

Every night I dream that I'm friends with the Spice Girls. We go shopping together or on wonderful exotic holidays in hot sunny countries. Sometimes I even dream that I'm onstage with you singing and dancing. When I wake up in the morning I'm always very depressed that I don't really know you. It makes me want to cry and I don't want to go to school. Please be my friend for real!

Desperate Dreamer, Truro, Cornwall

EMMA I know how you feel – I used to spend ages dreaming about meeting Leonardo diCaprio. It's fun to fantasise and use your imagination, but it's not really a good idea to let your dreams get in the way of reality.

MEL C We are your friends and we regard all of our fans as friends.

MEL B If we did meet you, we probably would be friends! Since you like us, I'm sure we've got something in common.

VICTORIA I never had any real friends and all my friends were imaginary, so don't worry about it!

I've lied to all my friends at school and told them that Mel C is a distant relative. To make matters worse, I told them that to prove it she's coming to our school to sign autographs. They say I'm a liar, which I suppose I am, but it's horrible because now I've got no mates. What can I do to make things better?

Porky Pie, Blackpool

MEL B A white lie might be all right from time to time, but serious lying is a dangerous thing. Fess up and put it behind you! Say: "Yeah, I'm wrong. Sorry, I won't do it again," and take it as a lesson learnt.

MEL C You shouldn't have lied and now you've got to face the music. But if you really can't cope with telling the truth, perhaps you could say: "I was only joking! Did you really believe me?" and that should get you out of it. It's best just to be straight about it, though.

EMMA Just say: "I thought it was true, but my mum was lying to me!"

VICTORIA When you lie, you always get caught out in the end! Just admit it and laugh it off.

My friend's got really bad dress sense and I feel embarrassed going out with her. Please help.

Fashion Victim, Stoke

MEL B You should never feel embarrassed about that kind of thing. Everyone's different and that's great! She must like her clothes even if you think they're terrible, so leave her alone.

VICTORIA Let her dress how she wants to! Who's to say what's fashionable and what's not?

EMMA When she says she wants to go for a day's shopping, say you'll go with her and show her some of the cool places. Or lend her something of yours that will suit her better.

I've just had nits and everybody found out at school. I've told them it's really common, but they're all calling me a nitpicker.

Itchy, Ickworth

MEL C I had nits at school and the thing is, nits don't go for dirty hair, they go for clean hair. So they're nothing to be ashamed of!

I can't dance. In your song you say: "If you can't dance, I can't do nothing for you, baby." Does that mean you think I'm a bit of a prat?

Two Left Feet, Uxbridge

MEL C No! The song is actually about a guy who thinks he's the pants, but then when it turns out he can't dance, you just laugh at him and say: "Well, you can't do nothing for me, then!"

MEL B Everybody feels the music differently, so don't worry about it. But I would be embarrassed if you really, really can't dance!

VICTORIA It shouldn't make any difference if someone can't dance. Just make sure you know how to sway in time with the music, or just sit down and nod a bit, like they do in the R&B clubs.

My mother prefers my sister to me. She always gives her first choice and complains when I do something bad, but lets my sister off when she does exactly the same thing! It's making me miserable. What can I do?

Down in the Dumps, Warrington

MEL C Your sister might be thinking the same thing, you know. You're probably just being silly. I'm sure your mum loves you both as much as each other. Still, I know what it feels like. I think my younger brother gets away with murder. He's allowed to do so many things that I wasn't allowed to do when I was his age! I think it's just because my parents have mellowed out over the years.

I know it's difficult for all of our brothers and sisters because we get so much attention, not only from our parents, but from everyone. When anyone sees my mum, they'll always ask about me. It's like, well what about my brother? But he knows that she loves him just as much.

EMMA I think you should talk to your mum about it and clear it up once and for all.

The best way to get over your fears is to confront them

I really hate spiders. I mean I really hate them so much that I'm scared to go in the garden and I check my bedroom three times before I get into bed each night.
Creepy Crawly, Doncaster
EMMA That's all right. I always used to check my cupboards for strangers before I went to bed! Everyone's got a phobia and Steve our bass player's got the same one as you. He can't even touch a picture of a spider on the front of a magazine!
MEL C I don't like spiders either, and my mum is so frightened of them that she can't even look at them when they're on TV! The best way to get over a fear of anything is to confront it, really.

I'm really freaked out because I've just started my period! How did you cope when you started yours?
Worried, Middlesbrough
EMMA I was young when I started mine – I was 12, so it was a bit of a shock. But I was lucky because the atmosphere was very open at my school and all the girls talked about it. It was the kind of place where, if you didn't know how to put a tampax in, one of the other girls would show you!
VICTORIA I didn't start until I was really quite old – about 15 or 16 – and I was freaked out at first, too! But don't worry, it's just something you get used to after a few months! Remember, every girl has them, so you're not alone!
MEL C I don't know why, but when I first had my period, I didn't tell my mum. I was just too scared, I suppose. I just didn't believe it actually happened to people! But I soon got used to the idea!
MEL B I hated it when I first started. I used to faint and cry and be in real pain. I'd have to lie in bed with water bottles on my stomach and some days I couldn't even go to school. So I went on the mini-pill, which makes your periods lighter. It's also a contraceptive, but I took it purely to relieve the pain, which was terrible. Luckily, it's not a problem anymore. I think it gets better as you get older.

IF YOU NEED HELP

Childline: 0800 1111
Lesbian and Gay Switchboard: 0171 837 7324
Pregnancy Advisory Service: 01564 793 225
Alcohol Abuse Helpline: 0171 352 3001

All AMe

How much do you know about famous stateside women?

1 What is the 'first lady' of the US called?

a Pat
b Hillary Rodham
c Lady Bird

2 Who is the mother of Lourdes Ciccone?

a Cher
b Sharon Stone
c Madonna

3 What dress size was America's most famous sex symbol, Marilyn Monroe?

a 8
b 12
c 16

4 What is Whoopi Goldberg's real name?

a Yippee McDoodle
b Jessica Yellbourne
c Caryn Johnson

5 Who is America's highest paid TV star?

a Oprah Winfrey
b Rikki Lake
c Jennifer Aniston

6 Who wrote *Little Women*?

a Grace Jones
b Tiny Shirley
c Louisa May Alcott

7 Who starred as pop icon Tina Turner in *What's Love Got To Do With It?*

a Halle Berry
b Whitney Houston
c Angela Basset

8 Which Friends star had a big screen hit with *Scream I & II*?

a Jennifer Aniston (brown hair)
b Courtney Cox (dark hair)
c Lisa Kudrow (blonde)

Rican giRls

quiz

9 Who was legendary gunslinger Wild Bill Hicock's girlfriend?

a Calamity Jane
b Disaster Dora
c Catastrophe Kate

10 Who is Madeleine Albright?

a US Secretary of State
b Bill Clinton's mum
c America's highest paid model

11 Which country gave America the Statue of Liberty?

a Great Britain
b France
c Cuba

12 What does the Statue of Liberty hold in her right hand?

a A torch
b A book
c A donut

13 Who starred opposite Leonardo diCaprio in Romeo and Juliet?

a Kate Winslett
b Eddie Murphy
c Clare Danes

14 Who became famous for starting a nasty disease in New York?

a Typhoid Mary
b Cholera Chloë
c Fiona Flu

15 Which one of Johnny Depp's old girlfriends has now hooked up with *Good Will Hunting* star Matt Damon?

a Kate Moss
b Winona Ryder
c Cameron Diaz

16 Who played Tinkerbell in Steven Spielberg's Hook?

a Michelle Pfeiffer
b Kim Basinger
c Julia Roberts

17 What is the name of President Clinton's daughter?

a Arsenal
b Chelsea
c Everton

18 Which actress/ director refuses to name the father of her baby boy?

a Liza Minelli
b Meg Ryan
c Jodie Foster

19 Madonna said: "Elvis is alive and she's gorgeous" about...

a Celine Dion
b Alannis Morissette
c kd lang

20 Which child star went on to become a United Nations ambassador?

a Drew Barrymore
b Christina Ricci
c Shirley Temple

21 Who had a worldwide hit with the song 'Unbreak My Heart'?

a Toni Braxton
b Mariah Carey
c Janet Jackson

22 Who was *Clueless*?

a Alicia Silverstone
b Michael Jackson's wife
c Pamela Anderson

ANSWERS

1b; 2c; 3c; 4c 5a; 6c;
7c; 8b; 9a; 10a; 11b;
12a; 13c; 14a; 15b;
16c; 17b; 18c; 19c;
20c; 21a; 22a

quiz

United States of SpoRt

It's the runnin-est, jumpin-est, all-action quiz, y'all

1 Which American tennis star shaved off every last bit of body hair to cut down air resistance?
a Pete Sampras
b Martina Navratilova
c André Agassi

2 Which top-earning basketball player made more than $30 million last year?
a Dennis Rodman
b Shaquille O'Neil
c Michael Jordan

3 Which is Jack Nicholson and Spike Lee's favourite sport?
a Baseball
b Lawnmower racing
c Basketball

4 How did the sport of Frisbee-throwing originate?
a Kids throwing pie dishes belonging to a cook, William Russell Frisbee
b Factory workers throwing hubcaps made by the Chrysler-Frisbee Company
c Widows throwing dinner plates in Frisbee Boulevard, NY

5 Which American tennis star was stabbed in the shoulder by a rival's fan?
a Monica Seles
b Billie Jean King
c Martine Hingis

6 What's America's hippest young golfer called?
a Lion Forest
b Bear Mountain
c Tiger Woods

7 Who is the fastest 400m runner of all time?
a Butch Reynolds
b Butch Vig
c Burt Reynolds

8 What do ice hockey players try to hit with their sticks?
a The lead
b Their opponents' knees
c The puck

ANSWERS
1c; 2c; 3c; 4a; 5a; 6c; 7a; 8c;
9b; 10b; 11b; 12a; 13b; 14c;
15a; 16b; 17b; 18c; 19b

9 Which couple fell in love on the set of the racing film *Days of Thunder*?
a Bruce Willis & Demi Moore
b Tom Cruise & Nicole Kidman
c Michael Jackson & Bubbles

10 What happens in baseball if the pitcher throws & hits the batsman?
a The batsman hits the pitcher
b He gets to walk to first base
c The pitcher has to pay for medical treatment

11 Which American swimmer won the highest number of gold medals at a single Olympics?
a Carl Flemz
b Mark Spitz
c Greg Gobz

12 Which Hollywood couple fell in love on the set of the baseball film *Bull Durham*?
a Susan Sarandon & Tim Robbins
b Gwyneth Paltrow & Ben Affleck
c Cameron Diaz & Matt Dillon

13 Which boxer was disqualified for chewing off part of his opponent's ear?
a Evander Holyfield
b Mike Tyson
c Daddy Bonecrusher

14 Which American soccer team did Pele, George Best and Bobby Moore all play for?
a Boston Red Sox
b Tenessee Tunas
c New York Cosmos

15 Why didn't US jockey Frank Hayes cheer when his 20–1 horse won the Belmont Steeplechase?
a He'd died in the saddle half way through the race
b He'd lost his voice shouting at the horse
c He'd fallen asleep

16 What was OJ Simpson famous for before he was accused of murder?
a Baseball
b American football
c Boxing

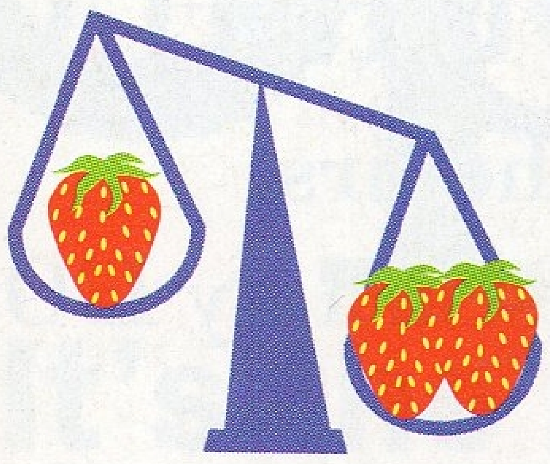
17 Boxer Muhammed Ali could "float like..."
a a bubble
b a butterfly
c a rubber duck

18 Miami's football team is named after...
a Sharks
b Seahorses
c Dolphins

19 What sport does Madonna play in the film *A League of their Own*?
a Basketball
b Baseball
c Soccer

STARSCOPE

Our very own galactic goddess Glenda gazes mystically skyward... and gasps!



LIBRA

Sep 23 – Oct 22

Librans have a hard time making their minds up because they can always see both sides of the argument. But this autumn it would do you good to be clear about one thing – and that is yourself. In your heart of hearts you know exactly what you want, so don't waste time. Go girl!

AQUARIUS

Jan 20 – Feb 18

Aquarians have a hard time trying to control their very free imaginations. Perhaps you should find a creative outlet for all those wild thoughts. Put pen to paper and start a journal of your daily impressions, or even a dream diary – they're always fun to look back on!

GEMINI

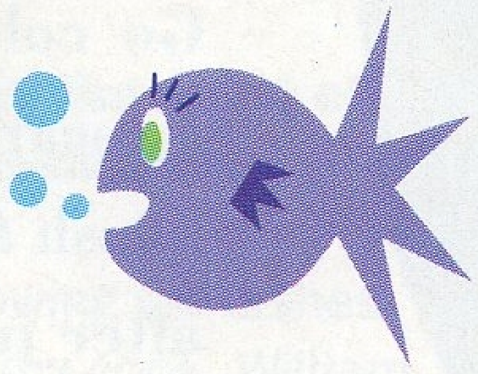
May 21 – Jun 20

You're never quite happy with what you've got. You always seem to want what's over there! That can be a good and a bad thing – good because it keeps you moving forward, but bad because you're never satisfied. Find a balance between the two and enjoy life.

SCORPIO

Oct 23 – Nov 21

Scorpios love to look good. You get a lot of pleasure out of buying clothes and dream of the various combinations you can make from your wardrobe. So make sure you line up lots of exciting things to do and places to go where you can try out your new outfits. After all that changing in front of the mirror, it's time to get out and get some attention and admiration for your efforts!



PISCES

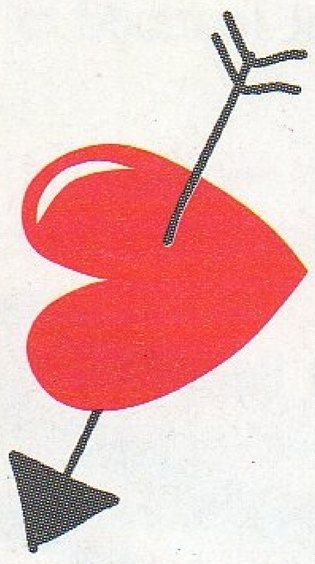
Feb 19 – Mar 20

Hollywood is packed with Pisceans, or so they say. They seem perfectly suited to the mad world of show business because they know how to be extrovert without pushing things too far. Have you thought about taking acting classes? If nothing else, they'd give you a great opportunity to put all your observations about other people into practice – and have some fun, too!

CANCER

Jun 21 – Jul 22

Sometimes you feel as though the world is on your shoulders. You Cancers only feel normal when you're having an anxiety attack and you find it really worrying when there's nothing wrong. Take my advice and make a list of everything that's on your mind, then tick each one off as you deal with it – the world will feel a far friendlier place!



SAGITTARIUS

Nov 22 – Dec 21

Being the easy-going type, you don't always realise how important your friendship is to those around you. People always want to spend time with you, and that's no bad thing – so why not give them what they're looking for, for once? It's time to get sociable and friendly instead of spending so much time alone.

ARIES

Mar 21 – Apr 20

At some point in their lives, Aries people usually get a bump on their head. This is because they're so headstrong and up for a fight that they end up with a scar to prove it. It's time to remember that you don't always have to act the "Tough Guy". Some battles are won through careful debate and quiet thinking. Give it a try!

LEO

Jul 23 – Aug 22

On the outside, Leos seem quiet and proud like the lion, which is this sign's symbol. But on the inside they are cooking up all sorts of ambitious plans that are just waiting to pounce out into the world with a roar! Now it's time to bring those wonderful ideas out of your fascinating head and share them. Just go ahead and show us what you're made of!

CAPRICORN

Dec 22 – Jan 19

You like to take things nice and slow, carefully picking your way to the top of the heap. Impulsive behaviour just isn't your style, is it? Even though you know how to let your hair down, you rarely do. I know it's hard for you to indulge in outrageous behaviour, but why not try dancing on the table just once this autumn?

TAURUS

Apr 21 – May 20

You have been rushing around for so long that you've forgotten how to chill out! You never run out of things to do, but maybe it's time to take a rest and contemplate what you really want from life. If you're in too much of a hurry, you might not have time to notice some of the treats that are coming your way.

VIRGO

Aug 23 – Sep22

Stop letting people take advantage of you! You seem to be helping everyone except yourself, but you should know that you don't have to please everybody, all the time. People will like you just as much if you say no every now and then. Learn to set a limit on who you can and can't help. That way you'll find that everyone wins, including you.

JELLY

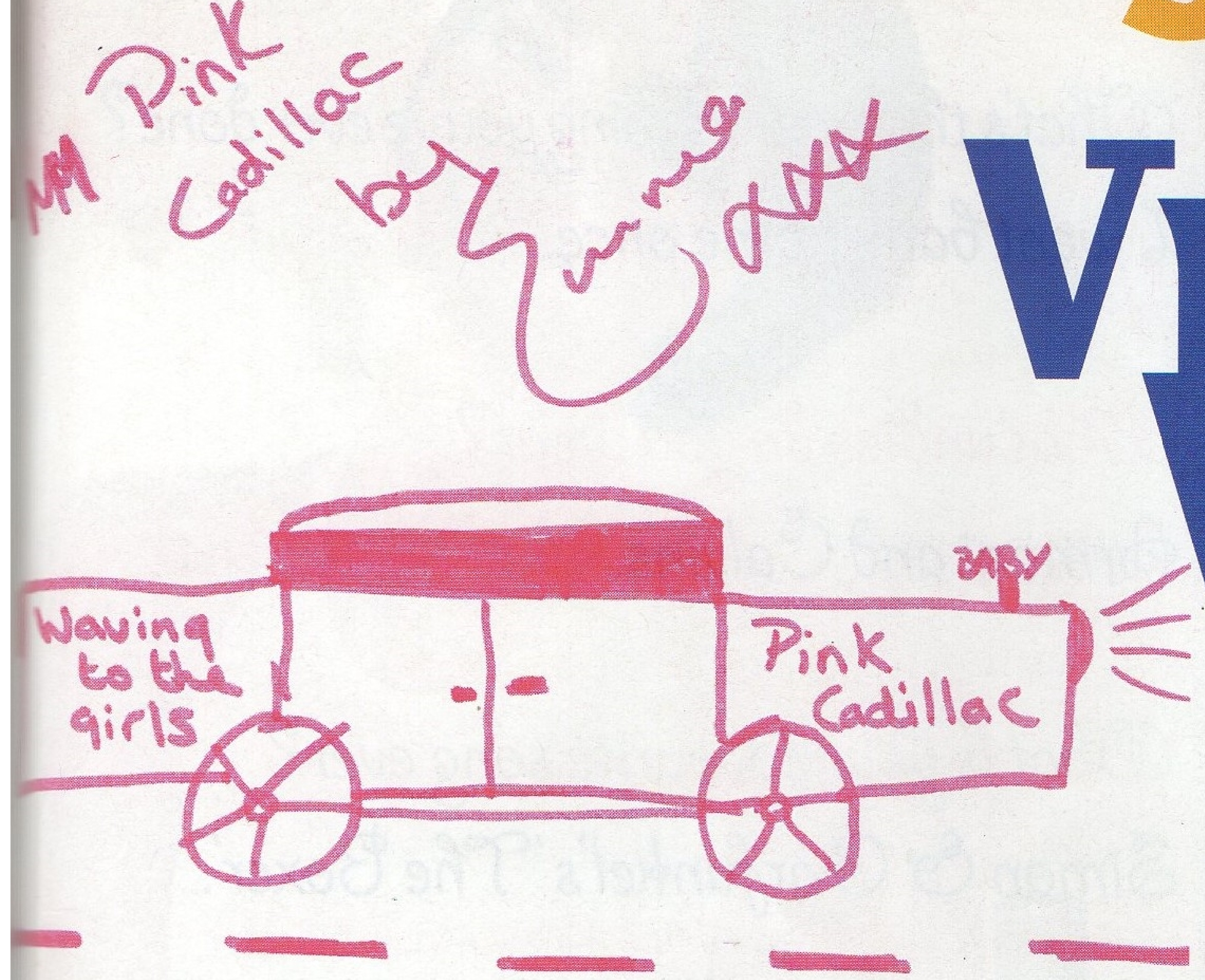
MESSAGE TO ALL 12 SIGNS

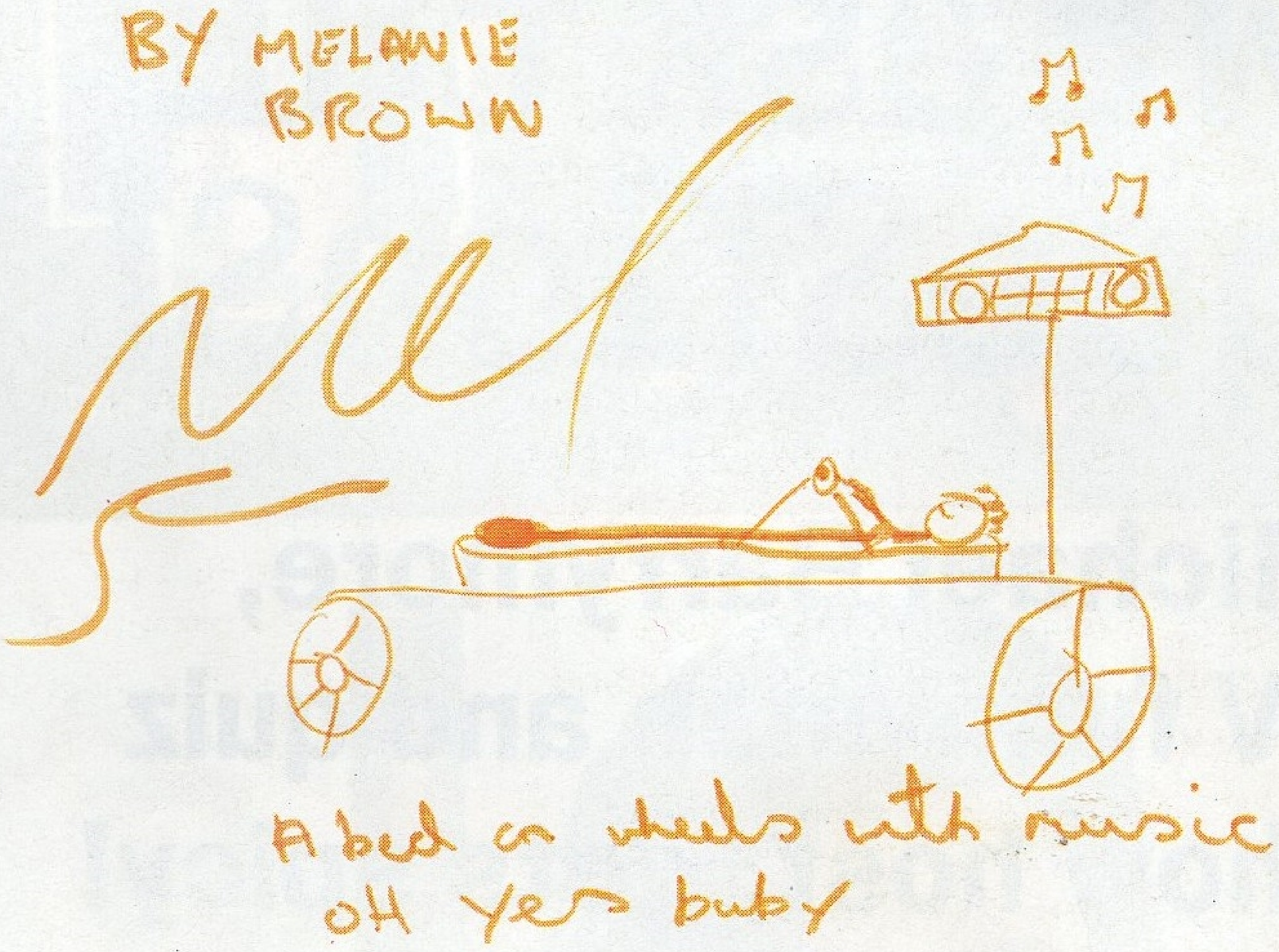
Don't feel blue when the leaves turn brown

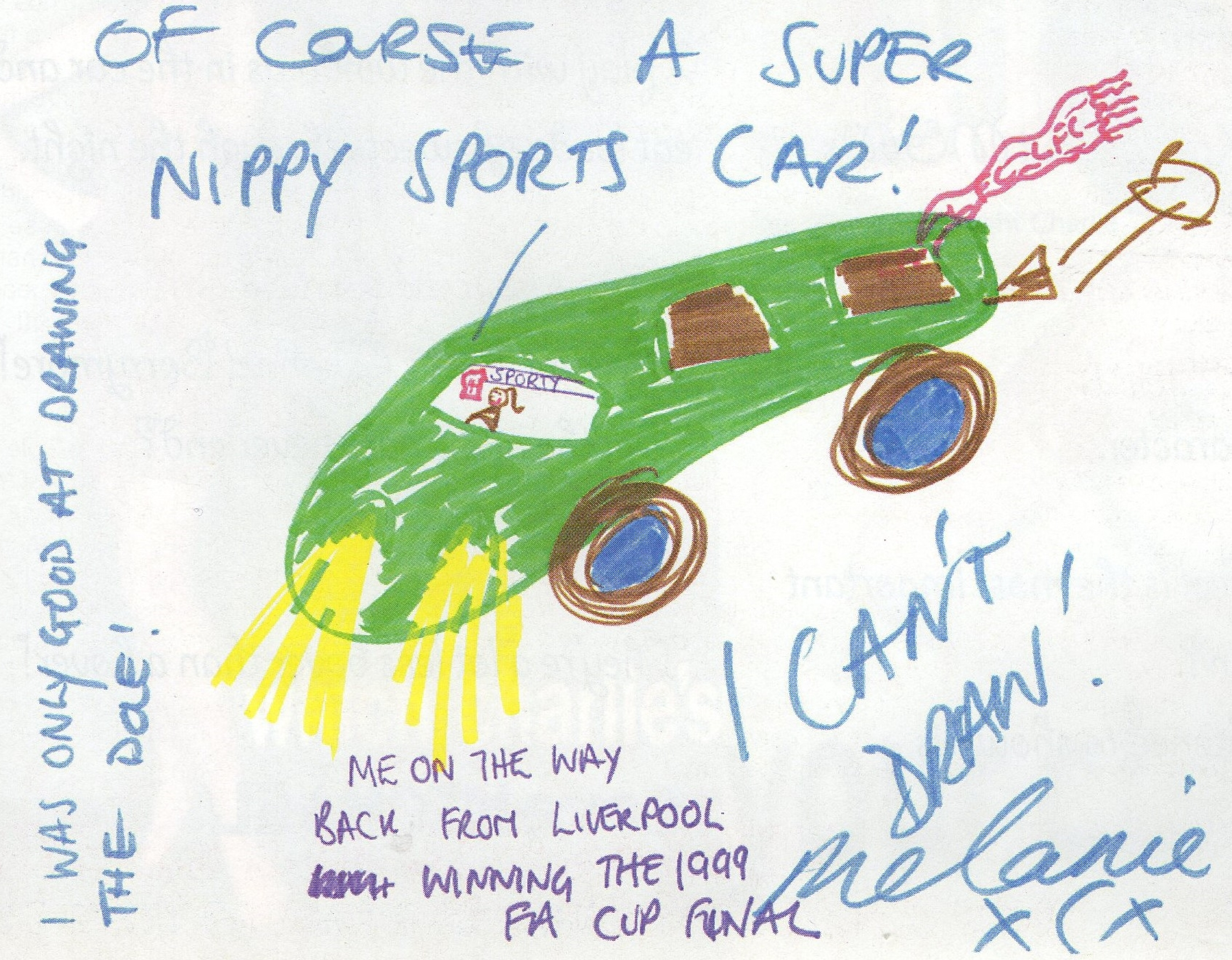
spice doodles

VrooOM VrooOM!

Put your foot down and rev it up – here are our dream cars...







ALL ACTION

WE ask tHE queSTionS!

Michael Barrymore, TV funnyman and quiz show host, gets spicy!

What is your favourite sweetie?
Orange Kit-Kats, peanut M&Ms.

What do you feel is the most important feature in a woman?
Strength of character.

What do you feel is the most important feature in a man?
Not to be frightened to show his vulnerability.

What's the craziest thing you've ever done?
I went back home once.

What undies do you wear?
Armani and Calvins.

What is your favourite song ever?
Simon & Garfunkel's 'The Boxer'.

Are you a good snog?
My tongue can reach parts other lager louts can only dream of!

What would you consider to be an ideal part in a film?
I've always wanted to play Batman!

Do you have any strange habits?
I play with the windows in the car and eat loads of sweets through the night.

What's your weirdest dream?
I dreamt I was Michael Barrymore! Will the nightmare never end?

What does Girl Power mean to you?
They're a lot less bover than a hover!

Love MICHAEL XXX